

Handout Hinsley Zoom Saturday 28 November 2020

Quote/Context:

"Contemplative prayer is in the world in which God can do anything. To move into that realm is the greatest adventure. It is to be open to the Infinite and hence to infinite possibilities. Our private self-made worlds come to an end; a new world appears within and around us and the impossible becomes an everyday experience."

Fr Thomas Keating (2006), *Open Mind, Open Heart*, 20th edition (2006) p. 11

Chant before Centering Prayer:

Be still and know that I am God. Psalm 46

Lectio Divina:

"This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly."

Matthew 1:18, 19

Closure poem:

From 'The Annunciation'

*Fifteen years old -
The flowers printed on her dress
Cease moving in the middle of her prayer
When God, Who sends the messenger,
Meets His messenger in her Heart.
Her answer, between breath and breath,
Wrings from her innocence our Sacrament!
In her young body God becomes our Bread.*

Thomas Merton

Unity Prayer:

"May God heal all divisions -- those within my own mind, heart, soul and body, and those between all people and groups -- that we may be one Body in Christ, unified in every way and on every level, and thus manifest the Living Christ by our very lives. Amen."

United in Prayer 2020 (Contemplative Outreach)