

Hinsley Zoom Saturday 29 August Quiet Saturday

Opening Prayer

Heavenly Father:

Transform my patterns of judgement into abounding grace.
Heal the pain in me that restricts the freedom of your love
and of Christ's resurrection. Let me see the fruit of peace.
Amen. *(Peter Traben Haas)*

Final Reading

Peace is a fruit of the Spirit. Peace is the pervasive sense of contentment that comes from being rooted in God while being fully aware of one's own nothingness. It is a state that endures beyond the ups and downs of life, beyond the emotions of joy and sorrow. At the deepest level one knows that all is well, that everything is just right despite all appearances to the contrary. At all times one can pray with Jesus "Father, into your hands I commend my spirit (Luke 23:46) *Fruits & Gifts of the Spirit T.K.*

Prayer for unity

"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

Text for Lectio Divina

I John 1: 1 - 3

« Something which has existed since the beginning,
that we have heard,
that we have seen with our own eyes;
and touched with our hands:
the Word, who is life -
this is our subject.

That life was made visible:

we saw it and we are giving our testimony,
telling you of the eternal life

which was with the Father and has been made visible to us.

What we have seen and heard we are telling you
so that you too may be in union with us, as we are in union with the Father
and with his Son Jesus Christ.

We are writing this to you to make your own joy complete. » *Jerusalem Bible 1966*