

Handout - Hinsley Zoom - Saturday 5 December 2020

Quote from Thomas:

Contemplative prayer is a process of interior transformation, a conversation initiated by God and leading, if we consent, to divine union. One's way of seeing reality changes in this process. A restructuring of consciousness takes place, which empowers one to perceive, relate and respond to everyday life with increasing sensitivity to the divine presence in, through and beyond everything that happens. (Open Mind, Open Heart.)

Chant before Centering Prayer:

"Inner Life of Being, bearing Christ within me, come."

Introduction to video:

Last week we read and meditated upon perhaps the most momentous event in the history of Christianity - Mary's fiat.

This week Thomas Keating delves deeply into the implications of Mary's dilemma and acceptance on being asked to be the mother of the Messiah. He suggests that the proposition made to her left her momentarily in a seemingly impossible situation, a "double bind" he calls it. Joseph also found himself in a similar but less momentous "double bind."

Mary's fiat came about as, despite her anxiety and helplessness, she saw the situation from a new level of consciousness and from a total trust in God. Thus she accepted an unknown future.

Thomas further posits that God presents us all with these double binds in the development of our spiritual lives, inviting us to transcend our anxieties and emptiness, making that leap into the unknown, trusting God's will to transform us.

Final Reading:

"Welcome the silence, the mystery, the quiet pondering of scripture. Become, in the best sense, a child again, filled with wonder and awe at what is unfolding before your eyes. With the humility of Mary, the fidelity of Joseph and the Joy of John the Baptist, let us prepare in our hearts a place for the Lord." (Digitalnun)

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)