

## **Hinsley Zoom Saturday 29 August Quiet Saturday**

### **Opening Prayer**

"When I sort through the layered texture  
of what clutters and claims my spirit,  
I find you Deepest Good, in residence.  
You shine like a piece of gold inside me.  
In that tranquil, secluded district of soul  
I discover my true unblemished nature.  
Teach me that there is much more to me  
Than just my struggle and my failure.  
Absorb me in the jewel of your love  
Until I am fully one with your goodness" (Joyce Rupp)

### **Final Reading**

To be faithful, we must live simply.  
Then being free from attachments,  
We are possessed by nothing. We live  
in such openness to Divine Love that  
Whatever pleases God becomes our heart's  
Desire.

(St Jane de Chantal)

### **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*

### **Quotations from: Prayer in Secret** *DVD Fr Thomas Keating*

"When you pray," says Jesus, "enter into your private room, close the door  
and there pray to your Father in secret and your Father who sees in secret  
will reward you." Mat 6.6

And so what Jesus has really done is to take ... the accepted way, ... of  
referring to God and turning it right upside-down in order to give us a  
totally new concept or idea for this sacred, tremendous mystery that no  
one even dared to speak about. ...when Jesus says, "When you want to  
pray, pray to your Father, to your Abba ...", this suggests ... an incredible  
intimacy that already exists between you and Abba and this private room,

which is a way of accessing the presence of the ultimate mystery as intimate, close, tender and affectionate.

So ... the relationship of prayer from becoming awesome or terrifying or full of dread; ...is gone. We're now in a situation, a relationship that is relaxed and intimate.

...all that endless conversation with ourselves that might be called the interior dialog that is left outside when we close the door. We close the door in other words or lower the curtains on all our usual psychological imagery, preoccupations, rationalizations, justifications, so that this private room then gets to be more and more secret; and finally the most fully, secret place is when we stop thinking about ourselves.

Contemplative Prayer is an on-going process of relating to God beyond our ordinary faculties into ever deeper intimacy that brings us not just into contact with divine life but into the experience, into the flow, into the stream of charity that flows out forever from God and gathers us back into that stream if only we will venture out into the stream.

St. John of the Cross has this saying: "The Father spoke one word from all eternity and he speaks it in an eternal silence, and it is in silence that we hear it." Notice the invitation to listen at ever-deepening levels of sensitivity to the movement and presence of the Spirit and of the Abba dwelling within us. And this process reminds us that the primary principle on which the spiritual journey is based in any tradition is the presence of the Ultimate Reality, ... within us.

There's no place to go, then, to find God because He's already here. It's a question of our awakening, little by little, to that presence by letting go of the obstacles to our hearing the word of God addressed to us through scripture from the outside, and welling up from inside as a result of the word of God in scripture and in the sacraments and entering into ever-deeper participation in that presence.

And another word from the tradition is the Prayer of Simplicity, which suggests reducing all our thoughts and particular acts of the will, which is all involved in praying in secret. Centering Prayer is, perhaps, the most receptive method because it goes beyond any effort on our part except to maintain our intention to be in the presence of God and open to His loving action within us.

...we consent to God's presence and action. We're not just accepting a static presence or venerated presence, but a dynamic presence that addresses us not in words, but in the extraordinary language of God, which is silence.