

## **HINSLEY ZOOM 30 May 2020**

### Prayer before Centering Prayer

"Prayer is the deliberate and persevering action of the soul. It is true and enduring, and full of grace. Prayer fastens the soul to God and makes it one with his will, through the deep inward working of the Holy Spirit."

Julian of Norwich

### **LECTIO**

Jesus stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side.

The disciples were overjoyed when they saw the Lord.

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you."

And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."

NIV John Ch 20 V20-23

### Ending Prayers

"Let nothing disturb thee; Let nothing dismay thee; All things pass; God never changes. Patience attains all that it strives for. He who has God finds that he lacks nothing; God alone suffices."

Teresa of Avila

"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." From the Contemplative Outreach United in Prayer Day 2020