



Contemplative Outreach

**United in Prayer Day
March 21, 2020**

**"Healing Divisions"
A day dedicated to whole-making in ourselves,
our relationships and our world**

**Sample Schedule and Format for an Individual Retreat
Day
with suggested video, Scripture and wisdom quotes**

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This is a suggested format and schedule for an **individual day of prayer at home** with optional online video (about 18 minutes) as spiritual enrichment. Please adjust this schedule according to the time and conditions available to you.

The suggested video is "Christian Non-Duality and Unity Consciousness" (18 min.) from *That We May Be One: Christian Non-Duality*. You can view this for free [here on YouTube](#).

Rise early

Walking or other movement such as yoga.

One or more periods of Centering Prayer, with optional walking between them if needed.

Breakfast and preparations for the day

View video segment

Journaling and/or silent reflection. Possible reflection questions:

- What word or phrase speaks to you at this time in your journey? What arises from your inmost being?

- Are there divisions within yourself that call for attention and healing?
- Are there broken relationships that could be reassessed and renewed, particularly in your inner circle of family and friends?
- An examination of mythic-membership consciousness: Where am I over-identified with a group or groups, to the exclusion or judgement of others (e.g., family, religion, church, country, ethnicity, race, etc.)?
- What resentments and judgements of others can be released?

One or more periods of Centering Prayer, with optional walking between them, if needed.

Journaling and/or silent reflection with the wisdom quotes at the end of this document

Lunch

Reading, walking and/or resting in silence and solitude. Or you may want to pray in the manner of Lectio Divina with one of these Scripture passages, or one of your choosing:

*There is neither Jew nor Gentile,
neither slave nor free,
nor is there male and female,
for you are all one in Christ Jesus.*
- Galatians 3:28 (NIV)

*I appeal to you, dear brothers and sisters,
by the authority of our Lord Jesus Christ,
to live in harmony with each other.
Let there be no divisions
Rather, be of one mind, united in thought and purpose.*
- 1 Corinthians 1: 10 (NLT)

*Jesus said to his disciples:
"You have heard that it was said,
You shall love your neighbor and hate your enemy.
But I say to you, love your enemies,
and pray for those who persecute you,
that you may be children of God,
for God makes the sun rise on the bad and the good,
and causes rain to fall on the just and the unjust.
For if you love those who love you, what reward will you
have?
Do not the tax collectors do the same?
And if you greet your brothers and sisters only,
what is unusual about that?*

*Do not the pagans do the same?
So be perfect, just as God is perfect."*
- Matthew 5: 43 - 48 (NIV)

Possible closing prayer for the day:

"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."

Wisdom quotes for pondering

"Prayer is the energy of awakening to this radical presence of God. It is the breathing of God's Spirit in me that awakens me to the reality of my own existence. As I awaken to my own reality, I awake to the reality of the whole of which I am part, the whole that is the universe itself. ... As I am pulled into the power of God, my mind is filled with light and my being expands. Such is the power of contemplation.

"Theologian Wolfhart Pannenberg describes the Spirit as a field in which one's particular being exists. Each person is like a particle in a relational field in which the Spirit unifies the various fields of energy. If this analogy holds true, then the particularity of my existence depends on my energies of relatedness. Prayer expands my field of energies so that the more deeply I am related to God, the more expansive are my relationships which energize and unite, and thus contribute to the work of evolution."

- Ilia Delio, "Praying In Teilhard's Universe," The Omega Center Newsletter, January 14, 2020

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"The awakening of the inner eye of faith is the awakening of the contemplative process. You begin to see the Divine Presence in everything without effort - even when the necessities of daily life require your full attention. When the inner eye of faith is thoroughly opened, it is a fairly permanent state of mind. You see everything as it is, but you also see it in its Source which is the presence of God. ... To see God in everything, however hidden, is an enormous enhancement of the capacity of perception. ... The practice of silence allows God greater freedom to act in us as our interior life becomes freer from our predispositions and predetermined mindsets. ..."

- Thomas Keating, *God is Love: The Heart of All Creation* companion book

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"For the Christian, the choice for wholeness is embedded in the gospel life, following the words of Jesus, 'I have come so that you may have

life and have it to the full.' (Jn 10:10). We are to focus our minds and hearts on the whole and choose the whole for the sake of abundant life. ...

"In a remarkable letter to the director of the Vatican Observatory, John Paul II wrote: ... 'Unity involves the drive of the human mind toward understanding and the desire of the human spirit for love. ... Unity is also the consequence of love. If love is genuine, it moves not towards the assimilation of the other, but toward union with the other. Human community begins in desire when that union has not been achieved, and it is completed in joy when those who have been apart are now united.'

[...]

"Jesus began his mission by announcing the dawn of a new age, a new humanity unified in the love of God and committed to the reign of God. He challenged the social patterns of exclusivity and sought to replace it with the values of compassion and mercy. His inner oneness with God became manifest on the level of community, where he sought to overcome divisions by giving priority to men and women as coequal in God's reign and by empowering the poor, lowly and marginalized. The reign of God is not an abstract ideal, he indicated, but a concrete reality. It begins with a consciousness of God and a desire to live in accord with God's law of love. Jesus' deep oneness with God empowered ... a non-dual consciousness of belonging to the whole and the whole belonging to God. He lived from this wholeness by going 'all over Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing people from every kind of disease and sickness' (Mt 4:23). He constantly challenged others to *see*, to awaken to the presence of God, and to be part of an undivided whole, the kingdom (or 'kin-dom') of God, where Jew and Gentile, rich and poor, male and female are invited as equals to the divine banquet."

- Ilia Delio, *Making All Things New: Catholicity, Cosmology, Consciousness*

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"In the Christian tradition love is the bottom line: 'Love God with your whole heart, mind, soul and strength and your neighbor as yourself.' The same God is in others as in us. All humans basically are equal and, if they consent, are inserted into the Mystical Body of Christ to serve each other and to build-up the Body of Christ in every possible way. ...

"We belong to the human family and are developing and growing in breadth of perspective and in relationship to God. Christian non-duality then is this increasing merging of all our interests of body, soul, and emotions into the Body of Christ, the New Creation, who through the Spirit has given us the guidance of the Fruits and Gifts of the Spirit. ..."

- Thomas Keating, *That We May Be One: Christian Non-Duality*

