

## **Hinsley Zoom - Handout – Saturday 20th February 2021**

### **Gospel Reading:**

*At once the Spirit sent him out into the wilderness and he was in the wilderness for forty days, being tempted by Satan. He was with the wild animals, and angels attended him. After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. 'The time has come,' he said. 'The kingdom of God has come near. Repent and believe the good news.'*

Mark 1: 12-15

### **Chant and Centering Prayer**

#### **Chapter One – Dimensions of Contemplative Prayer**

From:

Fr Thomas Keating 2006 (20<sup>th</sup> Anniversary Edition), *Open Mind Open Heart*. London, Bloomsbury Publishing Plc.

#### **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)*