

## **May 1<sup>st</sup>. 2021 Hinsley Zoom**

### **Handout**

#### **Chant before Prayer:**

My peace I leave you, my peace I give you. Trouble not your hearts.

My peace I leave you, my peace I give you. Be not afraid.

#### **Paschal Mystery Video : Thomas Keating**

#### **Select passages from Transcript**

##### **No. 1**

And so, there's many secrets that God has that begin to be revealed to us as we exercise the mind of Christ in daily life and then begin to move beyond those gifts to what might be called Christ consciousness or cosmic consciousness in which you are aware, in more and more instances of life, of the oneness of everything that exists and, in fact, the oneness that science itself, on the level of particle physics and others, is beginning to reinforce.

##### **No. 2**

And the Ascension is the mystery that celebrates what might be called unity consciousness where there's no separation between us and God on any level. God remains God and we remain distinct but never separate from God. And the time that period of celebration goes on for is 50 days so the emphasis is obviously both in time and space, on the joy of the new life which is the divine life that Christ is imparting to us through contemplative prayer, the sacraments and all the other services we do.

##### **No. 3**

The primary disposition we need to have is unconditional love for one another, a quiet joy based on unlimited confidence in God and the peace that can experience reassurance in the midst of any or all tragedy, disaster, including death itself perceived now not as the tough thing you have to go through but as the necessary completion of our spiritual journey that needs to move beyond our bodily form, in order to experience God just as he is.

#### **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)