



FINDING A STILL CENTRE

In the midst of our busy lives
A quiet place in the heart of our community
May 7th, 2017

The Compassionate Heart of God-Prayer in action

Music on arrival: Karl Jenkins: Gloria: 11. The Prayer-Laudamus Te

Opening Prayer:

Let Us Be Still (Pam Holdgate, *Lifting Women's Voices, Prayers to Change the World. P336*)

Let us be still:

and realise God's yearning and desire to enter into a relationship with us.

Let us be still:

and open our hearts to the indwelling of God's Holy Spirit.

Let us be still:

and bring before God all our worries, stresses and sorrows.

Let us be still:

and let ourselves be enveloped in God's all embracing love.

Let us be still:

and receive the peace of God that passes all understanding.

Let us be still:

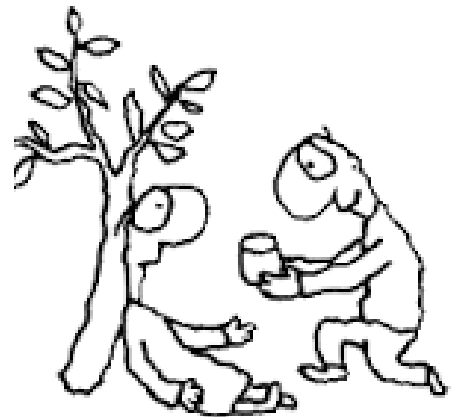
confess our wrong doings and receive God's forgiveness.

Let us be still:

and receive God's grace, a gift beyond compare.

Let us be still:

and give thanks to God in all things.



A Prayer of St. Francis (Francis of Assisi, "The Prayer before the Crucifix")

Most high
Glorious God
Enlighten the darkness of my heart
And give me
True faith, certain hope
And perfect charity
Sense and knowledge
Lord,
that I may carry out
Your holy and true command.

Lectio Divina: Story about St Francis from Compassion (Ilia Delio, p. 22-23.)

Once when he was at Colle, in the country of Perugia, Saint Francis met a poor man whom he had known before in the world. He asked him "Brother, how are you doing? The man malevolently began to heap curses on his lord, who had taken away everything he had. "Thanks to my lord, may the Almighty Lord curse him, I'm very bad(ly) off!" Blessed Francis felt more pity for the man's soul, rooted in mortal hatred, than for his body. He said to him: "Brother, forgive your lord for the love of God, so you may set your soul free, and it may be that he will return to you what he has taken. Otherwise you will lose not only your property but also your soul." He replied, "I can't entirely forgive him unless he first gives back what he took." Blessed Francis had a mantle on his back, and said to him "Here, I'll give you this cloak, and beg you to forgive your lord for the love of God." The man's mood sweetened, and, moved by this kindness, the man took the gift and forgave the wrongs."

Reflection on passage and time of silence:

Centering Prayer and time of silence:

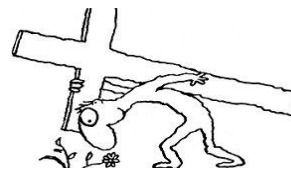
Music for meditation: Elgar: Nimrod. Lux Aeterna

Closing Prayer (Leunig, "A Common Prayer", *The Prayer Tree*)

God help us to find our confession:
The truth within us which is hidden from our mind;
The beauty or the ugliness we see elsewhere
But never in ourselves;
The stowaway which has been smuggled
Into the dark side of the heart,
Which puts the heart off balance and causes it pain,
Which wearies and confuses us,
Which tips us in false directions and inclines us to
destruction,
The load which is not carried squarely
Because it is carried in ignorance.
God help us to find our confession.
Help us across the boundary of our understanding.
Lead us into the darkness that we may find
What lies concealed;
That we may confess it towards the light;
That we may carry our truth in the centre of our heart;
That we may carry our cross wisely
And bring harmony into our life and our world.
Amen

"Compassion, ...asks us to look into our own hearts, discover what gives us pain, and then refuse, under any circumstance whatsoever, to inflict that pain on anyone else."

Maria Popova



Blessing and dismissal (Gow and Tait, *Be Still*)

Bless you oh God of grace
Grace that liberates and makes me free
Grace that forgives and makes me whole
Grace that helps me turn away from all that is not in your call
Grace that calls me back to you