



FINDING A STILL CENTRE

In the midst of our busy lives
A quiet place in the heart of our community
August 4th 2019

Jesus and Prayer: Prayer in Action

'For those who are practicing "stopping", they should retire to some quiet place, or better live in some quiet place, sitting erect and with earnest and zestful purpose seek to quiet and concentrate the mind...(which) should become like a mirror, reflecting things but not judging them nor retaining them.'
From the Mahayana Buddhist 'Shraddhotpada Shastra. Quoted in 'Prayer in the Cave of the Heart' – Cyprian Consiglio, p 43

Music on arrival: Ave Maria (Giullio Caccini)

Opening Prayer: To Draw Others Into the Dance

Intimate God,
whose love is not tamed and whose power does
not crush,
you invite us to enter into the fullness of being,
give us courage to respond with our whole lives
and to reach out and draw others into the dance,
that all may come to share in the fullness of life
that you offer.

Amen

"Lifting Women's Voices-Prayers to Change the World"
P359 Lotte Webb, Richmond, England



National Dance Education Organization

Lectio Divina: Luke 6:37-42(NRSV)

"Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

He also told them a parable: "Can a blind person guide a blind person? Will not both fall into a pit? A disciple is not above the teacher, but everyone who is fully qualified will be like the teacher. Why do you see the speck in your neighbour's eye, but do not notice the log in your own eye? Or how can you say to your neighbour, 'Friend, let me take out the speck in your eye,' when you yourself do not see the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbour's eye.

Centering Prayer and time of silence

Music for meditation: Gabriel's Oboe (Ennio Morricone)

Closing Prayer:

A Prayer for a Chronic Judger

Lord,
why is it that we humans
like to judge each other?

You know,
I make comments
on almost every aspect of life.

I comment
on the weather
on my neighbours
on my work colleagues
on my bosses
on our politicians.

And I listen
to the comments
of others
and often judge them
sometimes too harshly.

Lord,
I may not pull out
a baseball bat
but I know how to use words
that will bruise.
I am an expert in helping
others join in the abuse.

Forgive me, Lord,
When I don't listen
When I think
I know more than I do
and I do more harm than I'll ever know.
Help me to be patient
to consider my attitudes
my thoughts
my actions.
Help me to understand
your call to serve
without judging
those I am serving.
— italker



Blessing: We pray together:

A Little Prayer

Comfort of God
flow through us today.
Light of God
shine in the darkness of this world.

Ease of God
comfort those in pain.

Challenge of God
fiery eyes
pierce our complacency.

Energy of God
galvanize us into right action.

Peace of God
hold steady our hearts.

Foolishness of God
laugh through our lives.

Bless us that our knowledge of you, may sustain
our lives and our love of others. Amen.

*For the hungry and the overfed...
May we have enough*

*For the mourners and the mockers...
May we laugh together*

*For the victims and the oppressors...
May we share power wisely*

*For the peacemakers and the warmongers...
May clear truth and stern love lead us to harmony*

*For the silenced and the propagandists...
May we speak our own words in truth*

*For the unemployed and the overworked...
May our impress on the earth be kindly and creative*

*For the troubled and the sleek...
May we live together as wounded healers*

*For the homeless and the cosseted...
May our homes be simple, warm, and welcoming*

*For the vibrant and the dying...
May we all die to live*

'Prayer in the Day-A Book of Mysteries'
by Jim Cotter p59