

Meditation Week of Oct 12

O GOD of Peace, WHO has taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength; by the Might of YOUR Spirit lift us, we pray, to YOUR Presence, where we may be still and know that YOU are GOD.

1st reading: Listen for a word or phrase that shimmers, beckons, addresses you, unnerves you, disturbs you, stirs you. Repeat this word to yourself.

2nd reading: Attend to the feeling or image that is connected to the word or phrase you have taken note of. Allow it to unfold in your imagination.

3rd reading: Attend to the way this word, phrase, feeling or image connects with the context and situation of your life right now.

From Sr Ilia Delio, OSF Making All Things New Again

“Enlightened divinity speaks to us of z deeply relational GOD ..”

(Silence)