

February 16, 2021

**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.**

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

2<sup>nd</sup> 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.

3<sup>rd</sup> 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](#)

**“We need people who will be passionately energized by faith in GOD and faith in the world, as two aspects of love energizing union toward wholeness.”**

(Silence)