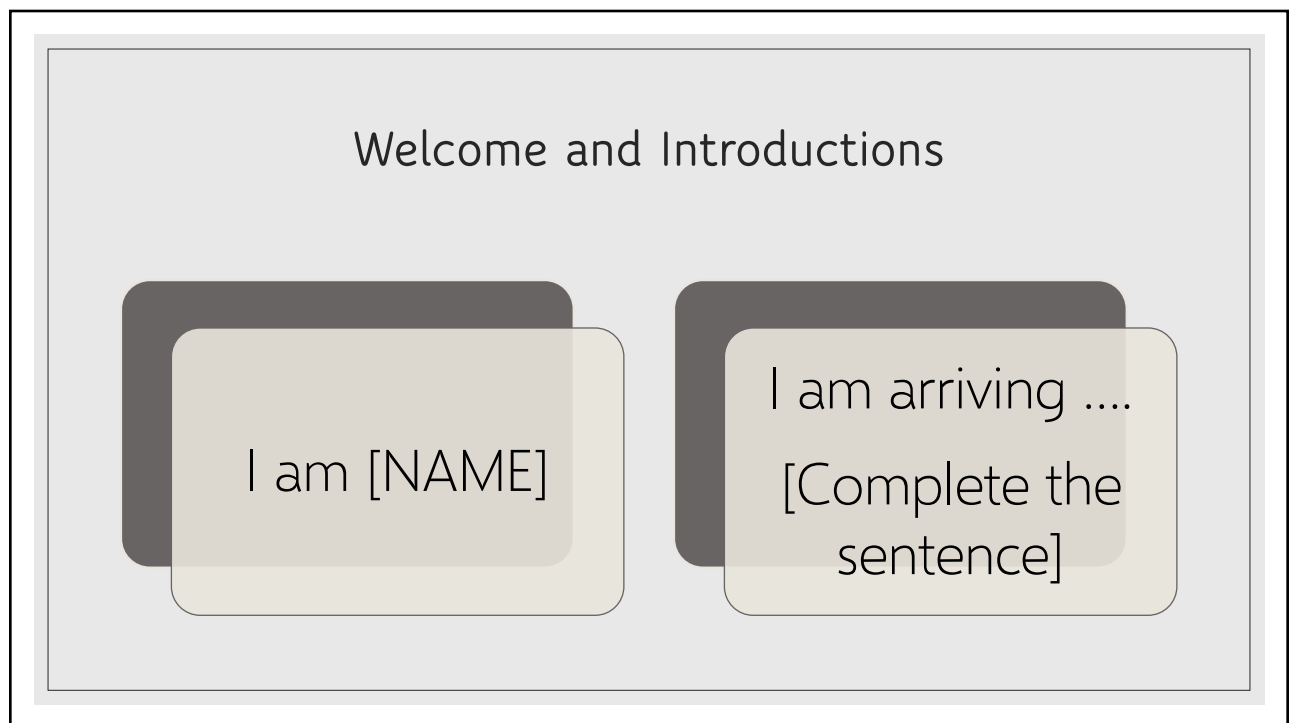


1



2

"I AM WHERE I NEED TO
BE. EVERYTHING AROUND
ME INCLUDES AND HIDES
THE SACRED." MARY
MROZOWSKI

3

THE WELCOMING PRAYER: CONSENT ON THE GO

Movement One:

Feel and sink into what you are experiencing
this moment in your body.

Movement Two:

"Welcome" what you are experiencing this moment
in your body as an opportunity to consent
to the Divine Indwelling.

Movement Three:

Let go by saying the following sentence:

I let go of my desire for security, affection, control
and embrace this moment as it is.

"WELCOMING
PRACTICE"

4

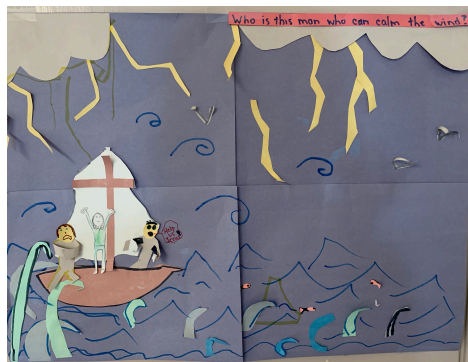
"Welcome, welcome, welcome.
I welcome everything that comes to me in this moment
because I know it is for my healing..."

"I let go of my desire to change any situation, condition, person, or myself.
I open to the love and presence of God
and the healing action and grace within"

Mary Mrozowski 1925-1993

The creator & spiritual mother of the welcoming practice

5



*St Catherine's Sunday
School Children*

Three candles are lit.

Presider: We light this candle in the name of the Maker, who
breathed the breath of life for us.

We light this candle in the name of the Son, who
saved the world and stretched out his arms for us.

We light this candle in the name, of the Spirit, who
encompasses the world and blesses our soul with
yearnings.

All: **We light three lights for the Trinity of Love:
God above us, God beside us, God within and
beneath us: the Beginning and the
Everlasting One.**

Presider: I invite you to light candles for those persons and
situations you carry on your hearts.

Tea lights are lit.

6



MAY THESE CANDLES...

...remind us of the brightness of your love and healing power.

Forgive us that we may forgive one another.

Renew us so that when we fail, we may begin again.

Amen

7

Lectio Divina

First Reading	<p>Before the first person reads you might say: "Notice a word or a phrase as you listen".</p> <p>After the first reading invite people to share their word/phrase.</p>
Second Reading	<p>Before the second person reads you might say: "Notice anything that stands out to you, that has particular meaning for you"</p> <p>After the second reading invite people to share in a word or phrase what they noticed.</p>

8

<p>Third Reading</p>	<p>Before the third person reads you might say: "Notice what happens in your heart" "Following this reading, we will move into 10 minutes of silence and you are invited to receive the love of God."</p>
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9

Mark 4:35-41

On that day, when evening had come, he said to them, "Let us go across to the other side."

And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him.

A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped.

But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?"


He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm.

He said to them, "Why are you afraid? Have you still no faith?"

And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

10

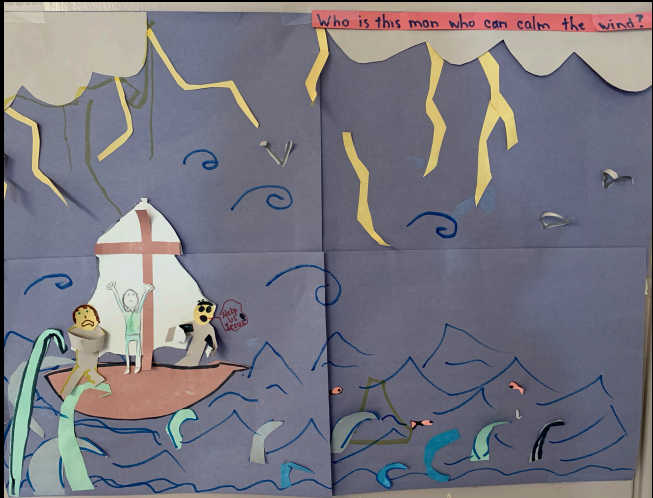
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The Four Guidelines to Centering Prayer

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts*, return ever-so-gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

*thoughts include body sensations, feelings, images, and reflections



11



GRANT US...

...the blessing of your gracious presence, uphold and strengthen us in all goodness, and enable us to live consciously in the deep stream of eternal light.

Amen


12

An invitation to share

What did you experience?

What are you invited to do or be?

13



THE GRACE...

...of our Lord Jesus Christ
And the love of God
And the fellowship of the Holy Spirit
Be with us all,
evermore.
Amen

14