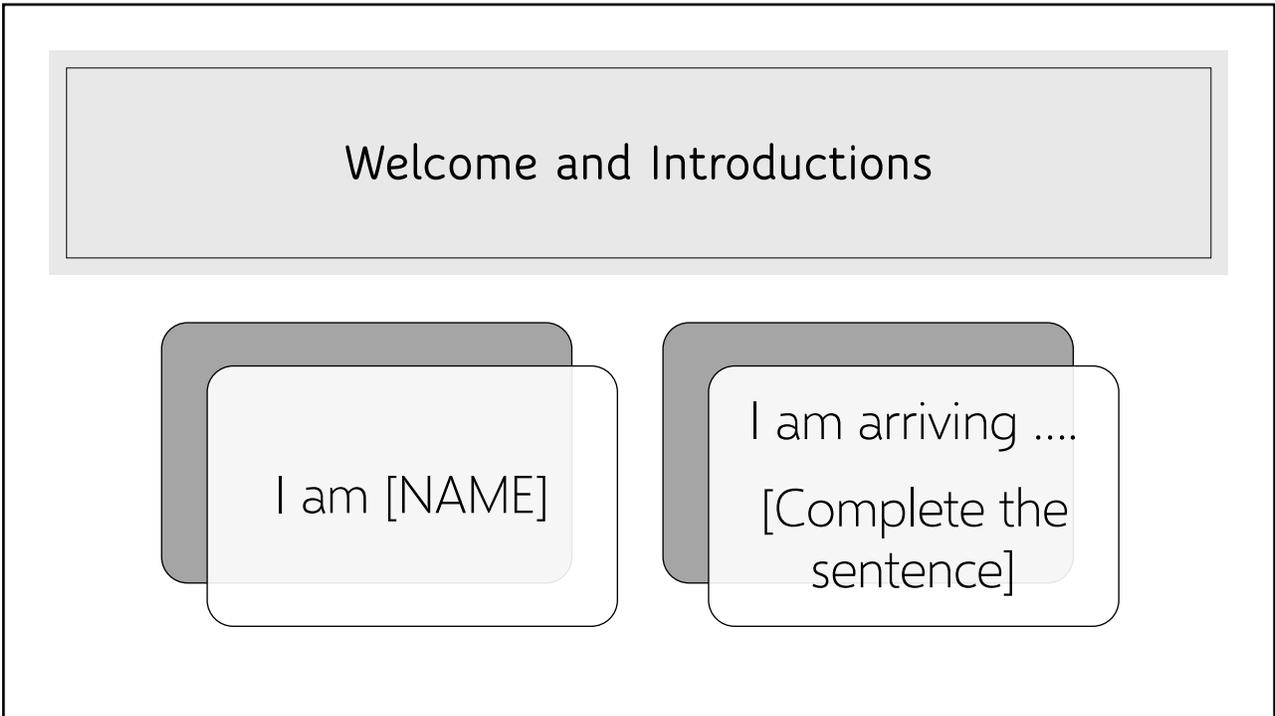


1



2

THE WELCOMING PRACTICE 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.

3

“I am where I need to be. Everything around me
includes and hides the sacred.” *Mary Mrozowski*

4

"Welcome, welcome, welcome.
 I welcome everything that comes to me in this moment
 because I know it is for my healing.
 I welcome all thoughts, feelings, emotions, persons, situations
 and conditions.
 I let go of my desire for security. I let go of my desire for approval.
 I let go of my desire for control.
 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

There is never a thought, feeling or emotion that does not have
 a corresponding body sensation.
 Each experience is imprinted in every cell of our body.
 Every thought, feeling and emotion has a location in the body,
 its own 'postal code'. Sometimes it may move to a new postal code.
 Follow it.

(from Contemplative Outreach:
 THE CONTEMPLATIVE LIFE PROGRAM 40 DAY PRACTICE)

6

“The mind deceives. The body never lies. I listen to the wisdom of my body and hear its truth”

(from Contemplative Outreach: THE CONTEMPLATIVE LIFE PROGRAM 40 DAY PRACTICE)

7

May Your Love, Your Light and Your Spirit be manifested in the ALL of my life; the motives and desires of my heart, the choices I make and the steps I take.

Ann Starrette

8

Intention with Candles

Three candles are lit.

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

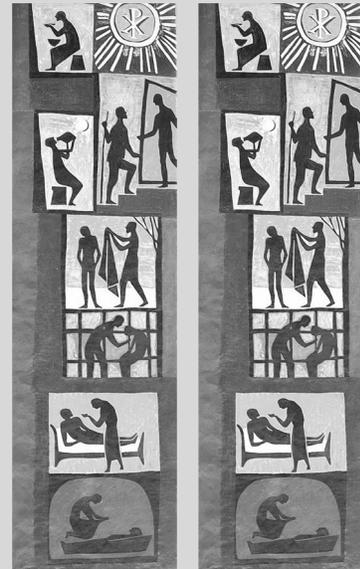
We light this candle in the name of the Son, who saved the world and stretched out his arms for us.

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.



Seven Works of Mercy, Mural, Germany

9

REMIND US...

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



10

Lectio Divina

| | |
|---------------------------|--|
| <p>First Reading</p> | <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> |
| <p>Second Reading</p> | <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> |

11

| | |
|--------------------------|--|
| <p>Third Reading</p> | <p>Before the third person reads you might say: "Notice what happens in your heart"</p> <p>"Following this reading, we will move into 7 minutes of silence and you are invited to receive the love of God.</p> |
|--------------------------|--|

12

Matthew 25:31-46

"When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left.

Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.'

Then he will answer them, 'Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.' And these will go away into eternal punishment, but the righteous into eternal life."

13

Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink?

And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?'

And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.' Then he will say to those at his left hand, 'You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.'

Then they also will answer, 'Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?'

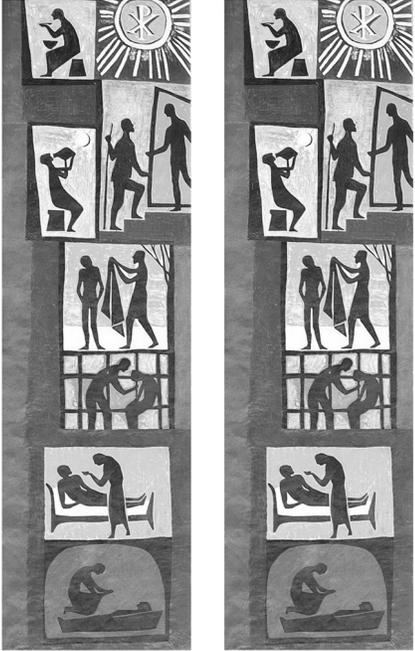
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The Four Guidelines to Centering Prayer

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



15

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



16

An invitation to share

What did you experience?

What are you invited to do or be?

17

THE GRACE...

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



18