

## Here's My Heart Lord by Casting Crowns Lauren Daigle

Here's my heart, Lord  
Here's my heart, Lord  
Here's my heart, Lord  
Speak what is true

I am found, I am Yours  
I am loved, I'm made pure  
I have life, I can breathe  
I am healed, I am free

'Cause I am found, I am Yours  
I am loved, I'm made pure  
I have life, I can breathe  
I am healed, I am free

You are strong, You are sure  
You are life, You endure  
You are good, always true  
You are light breaking through

I am found, I am Yours  
I am loved, I'm made pure  
I have life, I can breathe  
I am healed, I am free

'Cause You are strong, You are sure  
You are life, You endure  
You are good, always true  
You are light breaking through

You are more than enough  
You are here, You are love  
You are hope, You are grace  
You're all I have, You're everything

<https://www.youtube.com/watch?v=qkSBmRAVXNc>

Prayer Leader:

Ginny May-Schiros  
5 / 21 - 22 / 2019

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## The Cry for Love and Communion



Photo: Judita Tamosiunate



Our prayer is characterized by silence ~

*Be still and know that I am God!*

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.

**Renew · Refresh · Refocus**

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## To Ponder

“Community as belonging . . .

Each person with his or her history of being accepted or rejected, with his or her past history of inner pain and difficulties in relationships with parents, is different. But in each one there is a yearning for communion and belonging, but at the same time a fear of it. Love is what we want, yet it is what we fear the most. Love makes us vulnerable and open, but then we can be hurt through rejection and separation. We may crave for love, but then be frightened of losing our liberty and creativity. We want to belong to a group, but we fear a certain death in the group because we may not be seen as unique. We want love, but fear the dependence and commitment it implies; we fear being used, manipulated, smothered and spoiled. We are all so ambivalent toward love, communion and belonging.”

— **Jean Vanier, Community And Growth**  
New Seeds of Contemplation:

Hell can be described as a perpetual alienation  
from our true being,  
our true self, which is in God...  
The very nature of our true self – our true being  
is to be hidden, unnamed, unidentified...  
Contemplation is the experiential grasp of reality  
as subjective – an intuitive awakening –  
free and personal reality becomes fully alive  
to its own existential depths  
opening out into the mystery and realities of God...  
It is not we who choose to awaken ourselves,  
but God who has chosen to awaken in us...  
God is not a what, not a thing.  
There is no such “thing” as God  
because God is neither a “what” nor a “thing”,  
but a pure “who” – relationship...”

Thomas Merton

## Reading: -Danna Faulds

Go in and in.  
Be the space  
Between two cells,  
the vast, resounding  
Silence in which  
Spirit dwells.  
Be sugar dissolving  
On the tongue of life.  
Dive in and in,  
as deep as you can dive.  
Be infinite, ecstatic truth.  
Be love conceived and born in union.  
Be exactly what you seek,  
the Beloved, singing Yes,  
Tasting Yes, embracing Yes,  
until there is only essence;  
the All of Everything  
Expressing through you  
As you. Go in and in  
And turn away from nothing that you find.



Pexels

## Sharing...

a word...

a phrase...

a reflection...