

Let Our Hearts Overflow

words of St Benedict

Richard Bruxvoort Colligan

Let our hearts overflow,
Let our hearts overflow
with the inexpressible delight of love,
with the inexpressible delight of love.

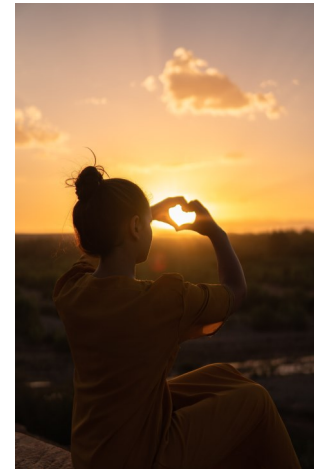


Prayer Leader:

Subhana Graf

1 / 10 / 2023

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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.

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An Interfaith Ministry of the Sisters of Charity of St. Augustine

To Ponder

Hazrat Inayat Khan, Love, Human and Divine

Every kind of power lies in this one thing which we call by the simple name: love. Charity, generosity, kindness, affection, endurance, tolerance, and patience -- all these words are different aspects of one; they are different names of only one thing: love. Whether it is said, 'God is love,' or whatever name is given to it, all the names are the names of God; and yet every form of love, every name for love, has its own peculiar scope, has a peculiarity of its own. Love as kindness is one thing, love as tolerance is another, love as generosity is another, love as patience another; and yet from beginning to end it is just love. ... True love must have free flow; and to learn that free flow the teachers have taught us first to love from the limited, and thence to advance in love till we attain to the love of God, the Unlimited.

Reminders:

Come on time **even 5 minutes early!**
Honor the silence once prayer begins
Share briefly from personal experience
Listen to each other
Discussion (cross talk) is for after the hour of prayer

Reading

Mevlana Jelaluddin Rumi

"Be grateful for your life,
every detail of it, and your face
will come to shine like a sun,
and everyone who sees it
will be made glad and peaceful.

Persist in gratitude,
and you will slowly become one
with the Sun of Love,
and Love will shine through you
its all-healing joy."

Sharing. . .

a word...

a phrase...

a reflection...