

Spirit of God Monks of Weston Priory

Spirit of God, be for us joy,
healing gift of love, creating a new heart.
Longing to be spirit alive:
very life of God, be rooted within us.

Voice which calls us beyond scattered dreams,
barren days to receive and give of God's love.

May you kindle our hope in the morning of life;
may you bring us peace with day's end.

In the silence of prayer inner freedom will sing
of more being, vision and truth.

Though exalted our hopes
no less real shall they be;
in compassion faithfulness thrives.



Prayer Leader:

Carol Kandiko, CSA

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Healing Gift of Love



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: Valarie Kaur, See No Stranger

Deep listening is about drawing close to someone's story. It turns out it is extremely difficult to draw close to someone you find absolutely abhorrent. How do we listen to someone when their beliefs are disgusting? Or enraging? Or terrifying? How do we keep listening when the words are so offensive and dangerous that it seems that the only rightful response is hostility? An invisible wall forms between us and them, a chasm that seems impossible to cross. We don't even know why we should try to cross it. Those beliefs don't deserve our attention. In these moments, we can choose to remember that the goal of listening is not to feel empathy for our opponents, or validate their ideas, or even change their mind in the moment. Our goal is to understand them. ...

When listening gets hard, I focus on taking the next breath. I pay attention to sensations in my body: heat, clenching, and constrictions. I feel the ground beneath my feet. Am I safe? If so, I stay and slow my breath again, quiet my mind, and release the pressure that pushes me to defend my position. I try to wonder about this person's story and the possible wound in them. I think of an earnest question and try to stay curious long enough to be changed by what I hear. Maybe, just maybe, my opponent will begin to wonder about me in return. Then again, maybe not. It doesn't matter as long as the primary goal of listening is to deepen my own understanding.

*Listening does not grant the other side legitimacy.
It grants them humanity—and preserves our own.*



Reading: Ted Loder, Guerrillas of Grace

Bring More of What I Dream

O God,
 who out of nothing
 brought everything that is,
out of what I am
 bring more of what I dream but haven't dared;
direct my power and passion
 to creating life where there is death;
 to putting flesh of action on bare-boned intentions;
 to lighting fires against the midnight of indifference,
 to throwing bridges of care
 across canyons of loneliness;
so I can look on creation together with you
 and, behold, call it very good,
 through Jesus Christ my Lord.

Sharing. . .

a word...

a phrase...

a reflection...

Reminders:

- Come on time
- Honor the silence
- Share briefly from personal experience
- Listen to each other
- Discussion (cross talk) is for after the hour of prayer