

Spirit of Life Carolyn McDade

Spirit of Life, come unto me.
Sing in my heart all the stirrings of compassion,
Blow in the wind, rise in the sea;
move in the hand, giving life the shape of justice.
Roots hold me close; wings set me free:
Spirit of life, come to me, come to me.

Spirit of Love, come unto me.
Deep in my soul all the mystery of creation.
Teach me to care, peace let there be;
Lead me to truth, showing forth the paths of wisdom.
Roots hold me close, wings set me free,
Spirit of Love, come to me, come to me.

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

Prayer Leader:

Carol Kandiko, CSA

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Divine Energy



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: Miriam Therese Winter Paradoxology

...words can make amends for a past injustice,
forge alliances for peace, mend a ruptured
relationship, heal hurt, seal a promise, assure
the love we feel for each other is for real.

Energy, whether in water or words or people
who are made up of water and words, transmits
the renewing effects of good or the devastation
of evil.

Imagine the possibilities of sending all around
the world a word of love, a word of compas-
sion, words of healing and hope and peace by
sending positive energy outward, sending it
again, and still again, until more and more peo-
ple all over the world are on a single frequency
and vibrating with love.

Energy is a conduit for the Divine in and
around us. Imagine quanta, chunks of energy,
connecting and coalescing, whirling, twirling
toward the tipping point, overflowing with love.

Reading: Luke 4: 18 - 19

The Spirit of God is upon me.

I have been anointed
to bring good news to the poor,
to proclaim release to the captives
and recovery of sight to the blind,
to liberate those who are oppressed,
to proclaim the year of favor.

Sharing...

a word...

a phrase...

a reflection...

Reminders:

Come on time or **better yet, COME EARLY**

Honor the silence

Share briefly from personal experience

Listen to each other

Discussion (cross talk) is for after the hour of prayer