

# May I Be Filled with Loving Kindness

## First Unitarian Church of Baltimore

May I be filled with loving kindness  
May I be well. (repeat)  
May I be peaceful and at ease  
May I be whole

May you be filled with loving kindness  
May you be well. (repeat)  
May you be peaceful and at ease  
May you be whole

May we be filled with loving kindness  
May we be well. (repeat)  
May we be peaceful and at ease  
May we be whole



Prayer Leader:

**Carolyn Horvath**

**2 / 7 / 2024**

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# Loving Kindness



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.

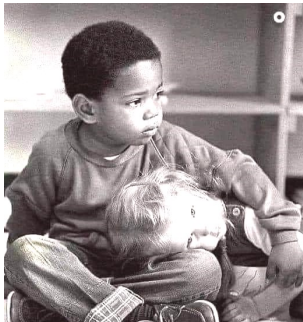
Inspired by God's Word in the silence  
we share from our hearts.

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

## To Ponder: Thich Nhat Hahn

The practice of Buddhist meditation is the practice of true love. True love has the power to liberate us and bring happiness to ourselves and to living beings around us. True love is the love that retains liberty and creates joy. We cannot be peaceful and happy if we do not have true love in us.



### Reminders:

Come on time... **Better yet, Come Early!**  
Honor the silence during prayer  
Share briefly from your personal experience  
Listen to each other  
Discussion (cross talk) is for after the hour of prayer

## Reading: Joan Chittister from Illuminated Life

Kindness is an act of God that makes the dry dust of rejection digestible to the human psyche. Those who have touched the God within themselves, with all their struggles, all their lack, see God everywhere, and most of all in the helpless, fragile, frightened other.

To be contemplative it is necessary to take in, without reservation, those whom the world casts out because it is they who show us most clearly the face of the waiting God.

## Sharing. . .

a word...

a phrase...

a reflection...