*We gather in solidarity with women religious for*

***Communal Contemplative Prayer – Date, 20xx***

***Settle into the immense Love in which we live and move and have our being....***

As I sit here, the beating of my heart,
          the ebb and flow of my breathing, the movements of my mind
          are all signs of God's ongoing creation of me.
          I pause for a moment, and become aware
          of this presence of God within me….

*Notice if some words or images lead you to rest in God. Follow them, or*

*just follow the Spirit.*

**“By Breath” by Sara Thomsen**

Play: <https://www.youtube.com/watch?v=trhxP6VAOuc>

By breath, by blood, by body, by spirit, we are all one

The air that is my breath is the air that you are breathing
And the air that is your breath is the air that I am breathing
The wind rising in my breast is the wind from the east, from the west
From the north, from the south, breathing in, breathing out

The water that is my blood, my sweat, tears from crying
Is the water that is your blood, your sweat, tears from crying
And the rising of the tide is in our veins and in the ocean wide
We are in the rising steam, rushing river, running stream

The earth is dust, the earth is clay, flow’rs blossoming and fading
We are dust and we are clay, we are blossoming and fading
Every color, every sound, every place is holy ground
Oh, every living thing, can you hear it laugh? Can you hear it sing?

The fire in my heart, my soul flame burning
Is the fire in your heart, your soul flame burning
We are Spirit burning bright, by the light of day, in the dark of night
We are shining like the sun, and like the moon, like the Holy One

***30 minutes of silence***

***We welcome one another’s reflections and prayers****.*

**Closing:** Dear God, may we never forget how much we need each other. After all, we are connected through your creation. Let us not be afraid to talk, to laugh, to cry, and to share stories and our lives with each other. Amen.

Or: Come, Holy Spirit. Fill the hearts of your faithful and kindle in us the fire of your love. Send forth your Spirit and we shall be created, and You shall renew the face of Earth. Amen.

Settling in: modified from Sacred Space, a website of the Irish Jesuits

Music © 2003 Sara Thomsen - <https://sarathomsen.com/track/1917029/by-breath>

First Closing prayer option: Maria Shriver’s Sunday Paper <https://www.mariashriversundaypaper.com/>