**Solidarity with Sisters Communal Contemplative Prayer – July 14-15**



**GATHERING**

O God who creates and who gives breath,

be with us now as we come to you

with the great longings of our world

and of our selves.

We come together

trusting that the Spirit will be at work in us.

Help us to let go and to let come.

Help us to live the questions

and to move with you, in you, and toward you,to

ever open to what is waiting to be born in us.

**BEING HERE: Come as you are, in divine presence…**

We are moving from getting here to being here. Relax into your chair and feel its support. Let your breath slow and deepen. If you’d like, breathe out whatever keeps you from being here. Breathe in the peace of God. Let’s take one deep breath to be here… one to be here together… and one to be with God. Let’s give 10 minutes of silence to feeling God holding us.

**(10 minutes of silence)**

**AWARENESS**

Let us listen to the poem “Let It Go” by Danna Faulds in the book [*Go In and In: Poems from the Heart of Yoga*](https://www.amazon.com/Go-Poems-Heart-Danna-Faulds/dp/0974410608)*.*

Let go of the ways you thought life would unfold; the holding of plans or dreams or expectations – Let it all go.

Save your strength to swim with the tide.

The choice to fight what is here before you now will only result in struggle, fear and desperate attempts to flee from the very energy you long for.

Let go.

Let it all go and flow with the grace that washes through your days whether you receive it gently or with all your quills raised to defend against invaders.

Take this on faith: the mind may never find the explanations that it seeks, but you will move forward nonetheless.

Let go, and the wave’s crest will carry you to unknown shores, beyond your wildest dreams or destinations.

Let it all go and find the place of rest and peace, and certain transformation.

Holy One, help us to we let go and let come as we enter into 20 minutes of silence with you.

**(20 minutes of silence)**

**INTENTION**

Let’s invite each other to share the prayers that arise in us now. Our response will be: Holy One, hear our prayer.

God among us, help us move forward even when our minds don’t see what you see. Carry us in grace beyond our wildest dreams or destinations. We ask this for all of us, and in a special way for the Leadership Conference of Women Religious and Catholic sisters. For this we pray. Holy One, hear our prayer.

(Shared prayers)

**CLOSING**

O Great Love, we place all of our prayers, those spoken and those unspoken, into your care, and we entrust the outcome to you. As we do, we use the words of Bishop Ken Untener: “This is what we are about: We plant seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. We lay foundations that will need further development. We provide yeast that produces effects beyond our capabilities. We are prophets of a future not our own.” And so together we pray: 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 the earth. Amen.

**SIGN OF PEACE**