*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....***

Breathe in, and feel the air move into you…. simply that….

Breathe out, and feel the air emptying you… simply that….

Quietly focus on your breath filling you…. and emptying you….

In… and out…

Your body relaxing into breathing…. Only breathing….

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

*just follow the Spirit.*

​ **A reading from Benedictine monk Thomas Cullinan**

I think that staying power is a quality we need very badly and that very few people have. They seem to lack long-term courage, that creative patience – not the sort of patience that is basically a sort of apathy, but the sort of patience that knows how to go on and on until the end appears – to hang onto the vision until it is possible to be creative with it, and not to give up one’s vision just because things seem to be hopeless. The New Testament writers had a special word for this: “hypomene.” It meant patient endurance, the ability to be poised to do what needed doing even though all the going seemed to be against one. Staying power is desperately needed; it calls on deep spiritual resources, on a deep peace within ourselves.

***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: modfied from Sacred Space, a website of the Irish Jesuits

The reading is from Pax Chrsti’s wonderful out-of-print book*, Peacemaking Day by Day, Volume 3* (Nov. 6).

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

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