



Adventure with the Spirit~A Contemplative Stance

Music suggestions: Veni Sancte Spiritus (or other appropriate hymn)

Ambiance suggestions: Open Bible, candle, red ribbons (bookmark size - enough for each participant)



Introduction/opening prayer:

O God of our lives, be with us this day as we gather in your presence to recognize more and more your grace in our hearts. We come to you astonished at the situation in our world today, yet confident that you are guiding us with your Spirit. As we contemplate the needs of your people, we accept your energy to act wherever you call us. We are undeterred by the greatness of the task because our charism and mission are guides to a better world ... one step at a time. We make our prayer in Jesus' name. Amen.

Readings: Claiming the Energy

Did you know that there is energy locked up in your desires? Just as electric power grows from the negative to the positive poles, so too there is energy that seems to flow from between where we are and where we desire to be. That gap between our desires and their fulfillment is a creative gap. Feelings of love for example generate the power to do things we never imagined we could do. Feelings of compassion can produce stamina and fortitude to go to extreme lengths for another person. And feelings of anger can produce the energy and the courage to confront and oppose situations that are harming ourselves and others.



The energy is ours for the claiming. And we can claim it by facing our deepest longings and desires with trust and integrity. When we make a practice in our prayer of noticing and naming what we are really looking for, we learn to recognize our true desires. And we discover that those true longings are the same - or at least very close to - God's desires for us.

Close to the Heart by Margaret Silf

Reflection questions:

The energy that God gives us is exactly what we need to respond to the challenges of our Chapter. No matter our state of health, our age, our circumstances, we are all called and challenged to respond.

Who are the poor in your community/social area?

What are some levels of poverty we sometimes ignore?

What is your periphery? How can you go beyond? Call yourself to more?

Gospel reading: Matthew 5:13-16

Reflection questions:

When have you been salt and light for someone?

Salt enhances taste of food. How does God's love enhance our lives?

Light illumines a room. How does your presence enlighten another's life?

Time for reflection/sharing

Intercessory prayers:

(Response: **Let us hear the cry of the poor.**)

For those whose forced migration has caused separation from family.

For those whose lack of resources and opportunities are consigned to the peripheries of society.

For those who feel dehumanized and marginalized because of inequity in society.

For our planet earth that cries out to the greedy, the wasteful and the hurtful.

Other intentions...

Closing prayer:

Let us pray with renewed vision, in the spirit of Blessed Marie Rose, for divine energy and love to go beyond our routine to help, to support, to welcome, to educate in response to God's love to serve.



Prayer service created by: Antoinette Janisse, SNJM

The Spiritual Ministries Network of the Sisters of the Holy Names of Jesus and Mary (SNJM) provides a variety of prayer services for personal and group spiritual nourishment. May your prayer life draw you closer to the Divine.

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