**Solidarity with Sisters Communal Contemplative Prayer
February 21-22, 2023**

**Settling in**: Let us move into presence together by becoming aware of our
breathing – taking in the oxygen with which the plants gift us, and releasing our
carbon dioxide to feed and nourish the plants in a mutual exchange of gift. Let
your breath deepen and slow as you settle into presence. And let’s take three deep
breaths: one to be here, one to be together, and one to be open to the movement and gifts of the Spirit.

**Poem for Lent**

** *The cosmos dreams in me*
while I wait in stillness,
ready to lean a little further
into the heart of the Holy.
I, a little blip of life,
a wisp of unassuming
love,
a quickly passing breeze,
come once more into Lent.
No need to sign me
with the black bleeding ash
of palms, fried and baked.
I know my humus place.
This Lent I will sail
on the graced wings of
desire,
yearning to go deeper
to the place where
I am one in the One.
Oh, may I go there soon,
in the same breath
that takes me to the stars
when the cosmos dreams in me.
 —JOYCE RUPP**

**30 minutes of silence**

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

**Prayers**: Take a moment to gather what is rising in you from the silence. At
your own pace, come back together. If you'd like to share a prayer or
reflection, unmute anytime.

**Closing:** Jesus waits silent and unseen to come into my heart. I will
respond to His call. He comes with His infinite power and love, may I be
filled with joy in His presence. Amen.

Settling in: modified from Sacred Space, a website of the Irish Jesuits
Closing prayer: Daily Prayer for February 22, 2023 from Sacred Space