*We gather in solidarity with women religious for*

***Communal Contemplative Prayer – Date, 202x***

***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 here lead you to rest in God. Follow them, or*

*just follow the Spirit.*

**“The Guest House” by Mevlana Jelaluddin Rumi**

**​**

This being human is a guest house.  
Every morning a new arrival.

​

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

​

Welcome and entertain them all!  
Even if they’re a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

​

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

​

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

ward all that is unsolved in your heart

and try to love the questions themselves,

like locked rooms and like books that are now written in a very foreign tongue.

Do not now seek the answers,

which cannot be given you because you would not be able to live them.

And the point is, to live everything.

Live the questions now.

Perhaps you will then gradually,

without noticing it,

live along some distant day into the answer.”

***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

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