**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