*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.*

**A poem by e. e. cummings** (slightly modified)

**​**

i am a little church(no great cathedral)
far from the splendor and squalor of hurrying
– i do not worry if briefer days grow briefest,
i am not sorry when sun and rain make april

my life is the life of the reaper and the sower;
my prayers are prayers of earth’s own clumsily striving
(finding and losing and laughing and crying)children
whose any sadness or joy is my grief or my gladness

around me surges a miracle of unceasing
birth and glory and death and resurrection:
over my sleeping self float flaming symbols
of hope, and i wake to a perfect patience of mountains

i am a little church(far from the frantic
world with its rapture and anguish)at peace with nature
– i do not worry if longer nights grow longest;
i am not sorry when silence becomes singing

winter by spring, i lift my diminutive spire to
the merciful One Whose only now is forever:
standing erect in the deathless truth of divine presence
(welcoming humbly the holy light and proudly the holy darkness)

***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

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

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