*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.*

**And the Table Will Be Wide:  
A Blessing for World Communion Sunday by Jan Richardson**

And the table  
will be wide.  
And the welcome  
will be wide.  
And the arms  
will open wide  
to gather us in.  
And our hearts  
will open wide  
to receive.

And we will come  
as children who trust  
there is enough.  
And we will come  
unhindered and free.  
And our aching  
will be met  
with bread.  
And our sorrow  
will be met  
with wine.

And we will open our hands  
to the feast  
without shame.  
And we will turn  
toward each other  
without fear.  
And we will give up  
our appetite  
for despair.  
And we will taste  
and know  
of delight.

And we will become bread  
for a hungering world.  
And we will become drink  
for those who thirst.  
And the blessed  
will become the blessing.  
And everywhere  
will be the feast.

***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

Poem: © Jan Richardson <https://paintedprayerbook.com/2012/09/30/and-the-table-will-be-wide/>

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