**Solidarity with Sisters’ Communal Contemplative Prayer – Sept. 22-23, 2020**

**GATHERING**

Loving God, we come here now to know you

alive in us.

Help us to let go and to let come.

Help us to live the questions.

Help us to settle into your presence, remembering Wendell Berry’s words –

Best of any song

is birdsong

in the quiet, but first

you must have the quiet. So we settle into you….

We are here to let God transform us.  So let’s open ourselves to God.  Feel the comfort of your chair and relax into it… and relax into God’s love for you.  Notice your body and any tension you are carrying with you – tighten as you inhale and relax as you exhale—squeeze and release your head and jaw and neck, shoulders arms and hands, stomach, hips, legs and feet.  If something distracts you, put it in a wagon or on a train and let it move away.  Notice your breath.  Try to take a deep breath, hold for a count of 3 and then exhale slowly to the count of 6. Repeat. Feel your chest and stomach rise and fall as you now gently breathe… Know the Spirit is moving in you gently and easily.  Again, take 3 gentle breaths.  One to be here… one to be together….and one to be open to God’s action.

**(10 minutes of silence)**

Listen for a word or phrase that draws you into this reflection by Fr. Pedro Arrupe:

Nothing is more practical than  
finding God, than  
falling in Love  
in a quite absolute, final way.  
What you are in love with,  
what seizes your imagination, will affect everything.  
It will decide  
what will get you out of bed in the morning,  
what you do with your evenings,  
how you spend your weekends,  
what you read, whom you know,  
what breaks your heart,  
and what amazes you with joy and gratitude.  
Fall in Love, stay in love,  
and it will decide everything.

Let us take these words into 20 minutes of silence with God.

**(20 minutes of silence)**

**PRAYERS**

Let’s come back together… Let us take a moment to let our experience in silence take a shape we can hold onto….. Let us invite each other to share the prayers that arise in us now.

(Shared prayers – “Holy One, hear our prayer.”)

The Leadership Conference of Women Religious is full of women who fell in love with God, and who let that fact decide everything else in life. Who among us doesn’t quietly hope that holy love will be the foundation for all that we do? May women religious and all of us feel the freedom to love as we make our choices, small and large. For this we pray. Holy One, hear our prayer.

**CLOSING**

O Great Love, we place all of our prayers, those spoken and those unspoken, into your care. We entrust the outcome to you, and we offer you our hearts, our minds, and our wills in service of that outcome. And so together we pray: 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 the earth. Amen.

**SIGN OF PEACE**