

## COMMUNION

YOU ARE EVERYTHING  
MY SOUL LONGS FOR  
YOU ARE EVERYTHING  
MY HEART DESIRES

## UNION

The spiritual discipline means filling our minds with ideas that point the right way, instead of ones which distract us from God and spiritual things. It means also some time, even a very short time, given to communion with Him; and perseverance in this practice. This will also involve expelling from our life those thoughts and acts which are inconsistent with our desire for communion with God.

THE DARKNESS IS PASSING  
THE TRUE LIGHT IS ALREADY SHINING  
(RPT.)

GOD IS LIGHT  
IN HIM THERE IS  
NO DARKNESS AT ALL

If you would like to receive the Imago Dei email meditations to encourage your life of prayer, you can sign up on the website or email [imago@shaw.ca](mailto:imago@shaw.ca)

Check our website or weekly email for information about groups meeting locally. Rob Des Cotes' books on the life of prayer: *Fan the Flame*, *Higher than I*, *Ultreia and Strength to Strength*, are available online.

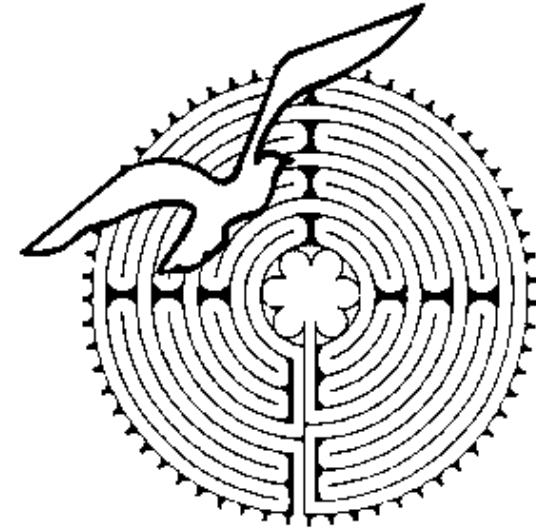
Our next **Contemplative Communion Service** will be **Saturday, April 11 @ 7 pm**

Imago Dei Christian Community

[www.imagodeicommunity.ca](http://www.imagodeicommunity.ca)

# *Contemplative Liturgy*

## *March 14, 2026*



with meditations from Evelyn Underhill

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# *Contemplative Liturgy*

SEND YOUR HOLY SPIRIT  
ON YOUR GATHERED PEOPLE  
MERCIFUL AND LOVING GOD  
HEAR US AS WE PRAY

## **AWAKENING**

Eternity is with us, inviting our contemplation perpetually, but we are too frightened, lazy, and suspicious to respond; too arrogant to still our thought, and let divine sensation have its way. It needs industry and goodwill if we would make that transition; for the process involves a veritable spring-cleaning of the soul, a turning-out and rearrangement of our mental furniture, a wide opening of closed windows, that the notes of the wild birds beyond our garden may come to us fully charged with wonder and freshness, and drown with their music the noise of the gramophone within. Those who do this, discover that they have lived in a stuffy world, whilst their inheritance was a world of morning-glory: where every tit-mouse is a celestial messenger, and every thrusting bud is charged with the full significance of life.

YOU ARE THE FOUNTAIN OF LIFE  
I WILL DRINK FROM YOUR RIVER OF DELIGHT  
AND IN YOUR HOUSE  
I WILL REST IN THE SHADOW OF YOUR WINGS

(CALL) IN YOUR LIGHT I WILL FIND MY WAY  
(RESPONSE) IN YOUR LIGHT I WILL FIND MY WAY  
(REPEAT)

## **ILLUMINATION**

Three deep cravings of the self, three great expressions of one's restlessness, which only mystic truth can fully satisfy. The first is the craving which makes one a pilgrim and a wanderer. It is the longing to go out from their normal world

in search of a lost home, a 'better country'; an Eldorado, a Sarras, a Heavenly Syon. The next is the craving of heart for heart, of the Soul for its perfect mate, which makes them a lover. The third is the craving for inward purity and perfection, which makes them an ascetic, and in the last resort a saint.

MY SOUL FOLLOWS HARD AFTER YOU  
EARLY IN THE EVENING I WILL RISE UP TO SEEK YOU  
AND BECAUSE YOU HAVE BEEN MY STRENGTH  
IN THE SHADOW OF YOUR WINGS  
I WILL REJOICE, REJOICE, REJOICE  
(REPEAT)

## **CONFESSION**

Every minute you are thinking of evil, you might have been thinking of good instead. Refuse to pander to a morbid interest in your own misdeeds.  
Pick yourself up, be sorry, shake yourself, and go on again

SEARCH ME, O LORD  
TEST MY ANXIOUS THOUGHTS  
SEE IF THERE IS ANYTHING WRONG  
IN ME

LEAD ME, O LORD  
LEAD ME INTO LIFE  
LEAD ME INTO LIFE EVERLASTING  
INTO LIFE

Prayer means turning to reality, taking our part - however humble, tentative and half-understood - in the continual conversation, the communion, of our spirits with the Eternal Spirit. Prayer is the correspondence of the human spirit with the sum of all perfection, the Fountain of Life.

SEND FORTH YOUR LIGHT AND YOUR TRUTH  
LET THEM GUIDE ME  
LET THEM BRING ME TO YOUR HOLY MOUNTAIN  
TO THE PLACE WHERE YOU DWELL

