

## COMMUNION

BE STILL AND KNOW  
HE IS LORD  
BE STILL MY SOUL

## UNION

The good effects of contemplative prayer abide in the soul for some time. Now clearly it apprehends that the fruit is not its own. The soul can then begin to share it with others without any loss to itself. It begins to show signs of its being a soul that is guarding the treasures of heaven, and it is desirous of communicating them to others. It desires to pray to God that it may not itself be the only soul that is rich in them.

MAGNIFICAT, MAGNIFICAT  
MAGNIFICAT ANIMA MEA DOMINUM  
MAGNIFICAT, MAGNIFICAT  
MAGNIFICAT ANIMA MEA

*(Sing out my soul, and glorify the Lord who sets me free)*  
-Taize

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). If you are looking for a spiritual director, we can give suggestions.

Check our website for information about groups meeting locally. Rob Des Cotes' books are available online.

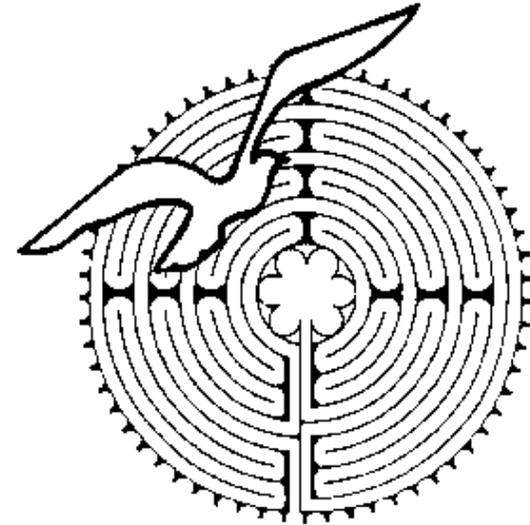
Our next **Contemplative Communion Service** will be **Saturday, March 6 @ 7 pm.**

Imago Dei Christian Community

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

# *Contemplative Liturgy*

## *February 6, 2021*



with meditations from Teresa of Avila

*Teresa lived with one question in mind, "What does God want?" For her, the ultimate purpose of prayer is conformity with God's will.*

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# *Contemplative Liturgy*

## INVOCATION

My heart says of You, 'Seek His face'

**Your face O Lord will I seek**

In Your Presence is the light of life

**May the eyes of our hearts be enlightened so that together with all the saints**

**we may know the hope to which You have called us**

Draw near to us O God as we draw near to You

**We offer ourselves to the Lord.**

**Teach us to pray in Jesus' name we ask. Amen**

## AWAKENING

COME AND FIND THE QUIET CENTER  
IN THE CROWDED LIFE WE LEAD,  
FIND THE ROOM FOR HOPE TO ENTER,  
FIND THE FRAME WHERE WE ARE FREED:  
CLEAR THE CHAOS AND THE CLUTTER,  
CLEAR OUR EYES, THAT WE CAN SEE  
ALL THE THINGS THAT REALLY MATTER,  
BE AT PEACE, AND SIMPLY BE.

SILENCE IS A FRIEND WHO CLAIMS US,  
COOLS THE HEAT AND SLOWS THE PACE,  
GOD IT IS WHO SPEAKS AND NAMES US,  
KNOWS OUR BEING, TOUCHES BASE,  
MAKING SPACE WITHIN OUR THINKING,  
LIFTING SHADES TO SHOW THE SUN,  
RAISING COURAGE WHEN WE'RE SHRINKING,  
FINDING SCOPE FOR FAITH BEGUN.

Granting that we are always in the presence of God, yet it seems to me that those who pray are in His presence in a very different sense; for they, as it were, see that He is looking upon them, while others may go for days on end without even once recollecting that God sees them.

VENI SANCTUS SPIRITUS (COME HOLY SPIRIT)

-Taize

## ILLUMINATION

The whole foundation of prayer must be laid in humility, and the more a soul humbles itself in prayer, the more God lifts it up. The nearer we draw to God, the more this virtue should grow; if it does not, everything is lost. Humility is the right road, and if we can journey along such a safe and level path, why should we want wings with which to fly?

MY PRAYERS RISE LIKE INCENSE  
MY HANDS LIKE THE EVENING SACRIFICE (rpt)

## CONFESSION

It is best for the soul which God has not raised to a higher state not to try and seek to rise higher. Let this be well considered, because all the soul will gain in that manner will be but loss. Do not demand that which you have not merited. It is very important that we do not attempt to raise our spirits ourselves if God does not raise them for us. If He does, then there will be no mistaking it.

IN REPENTANCE AND REST IS MY SALVATION  
AND THE QUIET OF TRUST WILL BE MY STRENGTH

THE FRUIT OF SILENCE IS PRAYER, THE FRUIT OF PRAYER IS FAITH  
THE FRUIT OF FAITH IS LOVE, THE FRUIT OF LOVE IS PEACE

What the soul must do in seasons of quiet amounts to no more than proceeding gently and noiselessly into prayer. What I mean by noise is running about with the intellect, looking for many words and meanings. Everything is in motion and rush. Therefore in such times of quietude, let the soul remain in its repose. Put aside learning. The time will come when learning will be useful for the Lord. But here there is no demand for reasoning, but simply for knowing what we are and that we are humbly in God's presence.