

COMMUNION

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

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

UNION

May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.

~Teresa of Avila

THE LORD BLESS YOU AND KEEP
MAKE HIS FACE SHINE UPON YOU
BE GRACIOUS UNTO YOU
AND GRANT YOU PEACE
AND GRANT YOU PEACE

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 idchristiancommunity@gmail.com

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

Our next **Contemplative Communion Service** will be **January 10 @ 7 pm.**

Imago Dei Christian Community

www.imagodeicommunity.ca

Contemplative Liturgy

December 13, 2025



with meditations on *Peace*

Contemplative Liturgy

AWAKENING

In distress, these Thy words alone were enough to remove it, and give me perfect peace: 'Be not afraid, my daughter: it is I; and I will not abandon thee. Fear not.
~Teresa of Avila

O COME, O COME EMMANUEL (see insert)

ILLUMINATION

Contemplation is nothing else but a secret, peaceful, and loving infusion of God, which if admitted, will set the soul on fire with the Spirit of love. ~St John of the Cross

DONA NOBIS PACEM (GIVE US PEACE)
DONA NOBIS PACEM

Love abounds in all things, excels from the depths to beyond the stars, is lovingly disposed to all things. She has given the king on high the kiss of peace.
~Hildegard of Bingen

COME AND FILL OUR HEARTS WITH YOUR PEACE
YOU ALONE O LORD ARE HOLY
COME AND FILL OUR HEARTS WITH YOUR PEACE
A-LELU-IA

CONFESSiON

Late have I loved you, O beauty so ancient yet ever new! Late have I loved you! Behold, you were within

and I was out abroad, searching there for you. Deformed, I plunged into the fair forms that you had made. You were with me, but I was not with you. I was held back far from you by things, which would not themselves be if they were not in you. You called, you shouted, and you burst open my deafness. You flashed, you shone in radiance, and you drove away my blindness. You breathed forth your fragrance, and I drew my breath and sighed for you. I tasted, and now I hunger and thirst. You touched me, and I burned for your peace.
~ St Augustine

COME THOU LONG-EXPECTED JESUS
(see insert)

Do not look forward in fear to the changes of life; Rather look to them with full hope that as they arise, God, whose very own you are, will lead you safely through all things; And when you cannot stand it, God will carry you in His arms.

Do not fear what may happen tomorrow; The same everlasting Father who cares for you today will take care of you today and every day. He will either shield you from suffering or will give you unfailing strength to bear it.

Be at peace and put aside all anxious thoughts and imaginations.
~St. Francis de Sales

MY PEACE I LEAVE YOU
MY PEACE I GIVE YOU
TROUBLE NOT YOUR HEARTS
MY PEACE I LEAVE YOU
MY PEACE I GIVE YOU
BE NOT AFRAID.

O COME O COME EMMANUEL
AND RANSOM CAPTIVE ISRAEL
THAT MOURNS IN LONELY EXILE HERE
UNTIL THE SON OF GOD APPEAR

REJOICE, REJOICE!
EMMANUEL SHALL COME TO THEE, O ISRAEL

O COME THOU DAYSpring,
COME AND CHEER
OUR SPIRITS BY THINE ADVENT HERE
DISPERSE THE GLOOM DARK OF NIGHT
AND DEATH'S DARK SHADOWS PUT TO FLIGHT

O COME, DESIRE OF NATIONS, BIND
ALL PEOPLES IN ONE HEART AND MIND
BIND ENVY, STRIFE AND QUARRELS CEASE
FILL ALL THE WORLD WITH HEAVEN'S PEACE

COME THOU LONG-EXPECTED JESUS
BORN TO SET THY PEOPLE FREE
FROM OUR FEARS AND SINS RELEASE US,
LET US FIND OUR REST IN THEE.

ISRAEL'S STRENGTH AND CONSOLATION
HOPE OF ALL THE EARTH THOU ART
DEAR DSIRE OF EVERY NATION,
JOY OF EVERY LONGING HEART

BORN THY PEOPLE TO DELIVER,
BORN A CHILD AND YET A KING
BORN TO REIGN IN US FOREVER,
NOW THY GRACIOUS KINGDOM BRING

BY THINE OWN ETERNAL SPIRIT
RULE IN ALL OUR HEARTS ALONE
BY THINE ALL-SUFFICIENT MERIT
RAISE US TO THY GLORIOUS THRONE