

## 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](mailto: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](http://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-LELLU-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