

God enters into you with all that is his, as far as you have stripped yourself of yourself in all things. It is here that you should begin, whatever the cost, for it is here that you will find true peace, and nowhere else. People should not worry so much about what they do but rather about what they are.

~Meister Eckhart, *Selected Writings*

## COMMUNION

O GOD MY HEART IS OPEN TO YOU  
YOU PERCEIVE ALL MY DESIRES  
NOTHING CAN I HIDE FROM YOU  
YOUR TRUE LIGHT IS MY DESIRE.

PURIFY THE THOUGHTS OF MY HEART  
THAT I MAY LOVE YOU  
WITH THE LOVE YOU DESERVE

## UNION

There is something in the soul that is so akin to God that it is one with Him... It has nothing in common with anything created

~Meister Eckhart

MAY THE LOVE OF THE FATHER  
THE LOVE OF THE SON  
THE SPIRIT OF LIFE, THE BREATH OF THE LORD  
MAY GOD'S PRESENCE FILL YOUR HEART  
ABIDING IN YOU AS YOUR LIGHT AND LIFE  
ABIDING IN YOU AS YOUR LIGHT

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.

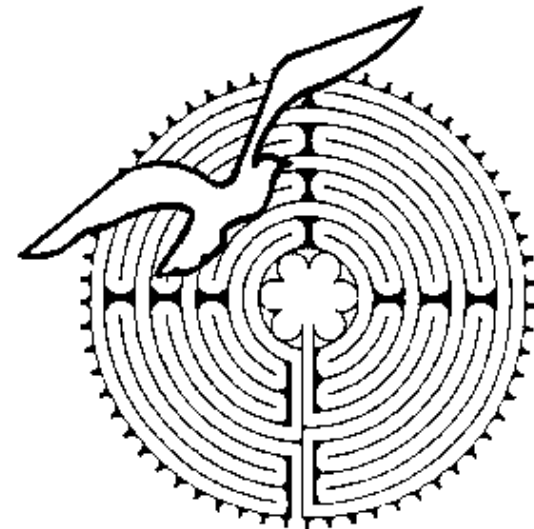
We're taking a break for the summer! Our next **Contemplative Communion Service** will be in the fall—**check our weekly email for details.**

## Imago Dei Christian Community

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

# Contemplative Liturgy

## June 13, 2026



with meditations on the True Self

*Self-sacrifice is the way, my way, to saving yourself, your true self. What good would it do to get everything you want and lose you, the real you? What could you ever trade your soul for?*  
Mark 8:36-37, The Message

# Contemplative Liturgy

## AWAKENING

Then it was as if I suddenly saw the secret beauty of their hearts, the depths of their hearts where neither sin nor desire nor self-knowledge can reach, the core of their reality, the person that each one is in God's eyes. If only they could see themselves as they really are. If only we could see each other that way all the time.

At the center of our being is a point of nothingness which is untouched by sin and by illusion, a point of pure truth, a point or spark which belongs entirely to God, which is never at our disposal, from which God disposes of our lives, which is inaccessible to the fantasies of our own mind or the brutalities of our own will. This little point of nothingness and of absolute poverty is the pure glory of God in us.

~Thomas Merton, *Conjectures of a guilty Bystander*

HOLY SPIRIT, TRUTH DIVINE (see insert)

## ILLUMINATION

Meister Eckhart says "For God *to be* is to give being, and for man *to be* is to receive being." Our true self is a received self. At each moment, we exist to the extent we receive existence from God who is existence. ~Thomas Merton

I RECEIVE ALL I AM  
FROM THE HAND OF CHRIST  
I RECEIVE ALL I AM  
FROM GOD'S GRACE

ALLELUIA, I RECEIVE  
FROM GOD'S GRACE  
ALLELUIA, I RECEIVE  
FROM CHRIST'S HAND

Every one of us is shadowed by an illusory person: a false self...We are not very good at recognizing illusions, least of all the ones we cherish about ourselves. Contemplation is not and cannot be a function of this external self. There is an irreducible opposition between the deep transcendent self that awakens only in contemplation, and the superficial, external self which we commonly identify with the first person singular. Our reality, our true self, is hidden in what appears to us to be nothingness...We can rise above this unreality and recover our hidden reality.... God Himself begins to live in me not only as my Creator but as my other and true self.

~Thomas Merton, *New Seeds of Contemplation*

I LIVE NOW NOT I  
BUT CHRIST LIVES IN ME  
(rpt)

VIVO IAM NON EGO  
VIVIT VERO IN ME CHRISTUS  
(rpt)

## CONFESSION

All sin starts from the assumption that my false self, the self that exists only in my own egocentric desires, is the fundamental reality of life to which everything else in the universe is ordered. Thus I use up my life in the desire for pleasures and the thirst for experiences, for power, honor, knowledge and love, to clothe this false self and construct its nothingness into something objectively real. And I wind experiences around myself and cover myself with pleasures and glory like bandages in order to make myself perceptible to myself and to the world, as if I were an invisible body that could only become visible when something visible covered its surface.

~Thomas Merton

LORD HAVE MERCY (see insert)

**HOLY SPIRIT, TRUTH DIVINE**

HOLY SPIRIT, TRUTH DIVINE  
DAWN UPON THIS HEART OF MINE  
WORD OF GOD AND INWARD LIGHT  
WAKE MY SPIRIT, CLEAR MY SIGHT

HOLY SPIRIT, LOVE DIVINE  
GLOW WITHIN THIS HEART OF MINE  
KINDLE EVERY HIGH DESIRE  
PERISH SELF IN THY PURE FIRE

HOLY SPIRIT, PEACE DIVINE  
STILL THIS RESTLESS HEART OF MINE  
SPEAK TO CALM THIS TOSSING SEA  
STAYED IN THY TRANQUILITY

HOLY SPIRIT, POWER DIVINE,  
KING WITHIN MY CONSCIENCE REIGN  
BE MY LAW AND I SHALL BE  
FIRMLY BOUND, FOREVER FREE

**LORD HAVE MERCY**

LORD HAVE MERCY  
LORD HAVE MERCY ON US,  
KYRIE ELEISON  
(rpt)

CHRIST HAVE MERCY  
CHRIST HAVE MERCY ON US  
CHRISTE ELEISON  
(rpt)