

COMMUNION

KYRIE ELEISON (ECHO)
CHRISTE ELEISON (ECHO)
KYRIE ELEISON (ECHO)

UNION

The experience of God usually comes as something you feel you have experienced before. God is so well suited to us that any experience of Him is a feeling of completion or well-being. What was lacking in us seems to be somehow mysteriously restored.

THE LORD BLESS YOU, AND KEEP YOU
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.

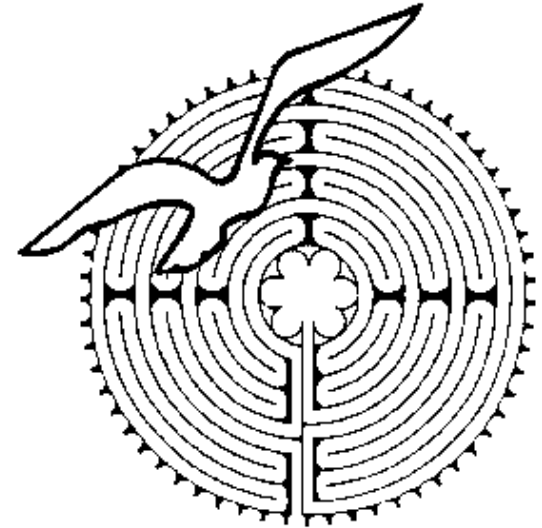
Our **Contemplative Communion Services** will resume in the fall. Watch the weekly email for a notice.

Imago Dei Christian Community

www.imagodeicommunity.ca

Contemplative Liturgy

June 14, 2025



with meditations from Thomas Keating,
Open Heart, Open Mind

‘Contemplative prayer is the world in which God can do anything. To move into that realm is the greatest adventure.’

Contemplative Liturgy

Psalm 122

AWAKENING

Contemplative prayer is a process of interior transformation, a conversation initiated by God. One's way of seeing reality changes in this process. It deepens in us the knowledge that we are already free, that we have already found a place to dwell, that we already belong to God, even though everything and everyone around us keeps suggesting the opposite.

COME DWELL IN THE SHELTER OF THE MOST HIGH
COME REST IN THE SHADOW OF THE ALMIGHTY GOD
COME SAY OF THE LORD, 'HE IS MY REFUGE'
MY GOD IN WHOM I TRUST
(REPEAT)

HE WILL CALL UPON ME AND I WILL ANSWER HIM (X3)

ILLUMINATION

Excessive activity has a way of becoming a drain. It also has a mysterious fascination. Like a treadmill or merry-go-round, it is hard to get off. To interrupt what you are doing in order to pray can be difficult. You need to be convinced that your time of prayer is more important than any other activity.

IN THE CLEFT OF THE ROCK, IN THE HIDING PLACE
SHOW ME YOUR FACE
IN THE WHISPER OF THE WIND,
IN THE SILENCE OF PRAYER,
LET ME HEAR YOUR VOICE

FOR YOUR VOICE IS SWEET AND YOUR FACE IS LOVELY
I WILL SEARCH FOR THE ONE MY HEART LOVES
YOUR VOICE IS SWEET AND YOUR FACE IS LOVELY
I WILL SEARCH FOR THE ONE I LOVE

Contemplative prayer is not so much the absence of thoughts as detachment from them. It is the opening of mind and heart, body and emotions—our whole being—to God.

IT IS GOOD TO WAIT IN SILENCE
FOR THE SALVATION OF THE LORD

BONUM EST PRAESTOLARI
CUM SILENTIO SALUTARE DEI

CONFESSION

Receiving is one of the most difficult kinds of activity there is. To receive God is the chief work in contemplative prayer, the principal discipline of which is letting go.

REST IN GOD ALONE, REST IN GOD ALONE
O MY SOUL, O MY SOUL

John 15 :1-4

Continuous prayer in the fullest sense of the term is present when the motivation of all our actions is coming from the Spirit. Life, in union with God, is what God wants it to be.