

Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours.

COMMUNION

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

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

UNION

The good effects of this 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.

JESUS, YOUR LOVE IS SHINING WITHIN US
MY HEART WELCOMES YOUR LOVE

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

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

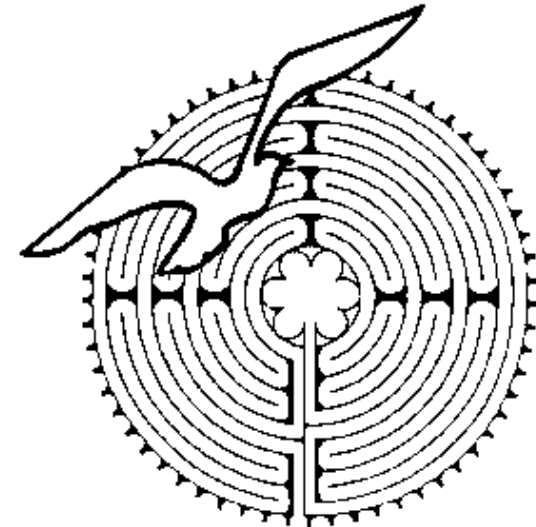
Our next **Contemplative Communion Service** will be **March 11 @ 7 pm.**

Imago Dei Christian Community

www.imagodeicommunity.ca

Contemplative Liturgy

February 11, 2023



with meditations from Teresa of Avila

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 You. Amen

COME AND FIND THE QUIET CENTRE *see insert

AWAKENING

The whole foundation of prayer must be laid in humility, and the more a soul humbles itself in prayers, 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 a safe and level path, why should we want wings with which to fly?

SEND YOUR HOLY SPIRIT
ON YOUR GATHERED PEOPLE
MERCIFUL AND LOVING GOD
HEAR US AS WE PRAY

ILLUMINATION

God is the Soul of my soul. He embraces my soul within Himself. He enlightens and strengthens my soul. He attends to my soul day and night. He gives my soul more and more grace. This has not come about because of myself. No effort of mine has brought this about. His Majesty does it all. And He has held me by the hand, that I might not go back.

YOU O LORD ARE THE ONE WHO KEEPS MY LAMP BURNING
GOD TURNS MY DARKNESS INTO LIGHT

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. For here there is no demand for reasoning, but simply for knowing what we are and that we are humbly in God's presence.

MY HEART IS NOT PROUD, MY EYES ARE NOT HAUGHTY
I AM NOT CONCERNED WITH THINGS
TOO WONDERFUL FOR ME

I HAVE STILLED AND QUIETED MY SOUL (X2)
LIKE A CHILD IS MY SOUL WITHIN ME

CONFESSION

True humility, however great, does not disquiet or disorder the soul. It comes with great peace, and great serenity and great delight. Although we should see our utter wickedness...yet true humility comes with a certain sweetness and satisfaction attending it. This humility does not stifle or crush the soul. Rather it delights the soul and disposes the soul for the better service of God.

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

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

COME AND FIND THE QUIET CENTRE

COME AND FIND THE QUIET CENTRE
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, READS OUR FACE
MAKING SPACE WITHIN OUR THINKING,
LIFTING SHADES TO SHOW THE SUN
RAISING COURAGE WHEN WE'RE SHRINKING,
FINDING SCOPE FOR FAITH BEGUN.

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