

Week 8: Alone Yet Together - 21st May 2020

World Community for Christian Meditation (WCCM) Group



Ω Reading (leader)

“The all important aim in Christian meditation is to allow God’s mysterious and silent presence within us to become more and more not only a reality, but the reality in our lives; to let it become that reality which gives meaning, shape and purpose to everything we do, to everything we are.

Meditation is a learning process. It is a process of learning to pay attention, to concentrate, to attend.

The reason why we can become so trivial, and why we can find ourselves and our lives so boring, is simply that we do not pay enough attention to our divine origin, our divine redemption by Jesus who has redeemed us from both triviality and boredom. Nor do we pay attention to our own holiness as temples of the Holy Spirit.”

‘Word Into Silence’, pgs. 3-4, John Main, OSB (1980)

Opening Prayer – (spoken together)

Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call, Maranatha....Come, Lord Jesus.

Coming in to the silence MEDITATION

So we settle and become still. Sitting upright, calm, relaxed, though attentive. Our feet resting gently on the floor, and hands unclasped in our lap, or by our side. Slowly we let go of the day’s burdens weighing us down and distracting our minds. We breathe gently with our eyes lightly closed. Quietly, interiorly, we begin to say our mantra, our sacred word/phrase in four equal-length syllables, Ma-ra-na-tha...Come, Lord Jesus, allowing all distractions and imaginings to pass us by, as if walking along a different street.....



Scripture - A Song of Ascents

"I lift up my eyes to the hills—from where will my help come? My help comes from the Lord, who made heaven and earth.

He will not let your foot be moved; he who keeps you will not slumber. He who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time on and forevermore.

(Psalm 121: NRSV)

Prayers (leader)

In our short prayer time this evening...

We think particularly of our friend in Christian love and meditation, Gill, and her children, Jon and Jo. Lord, our great Counsellor, be with them in their immense shock, sorrow and pain. Be their comfort and strength. Be their hope. Shine your light into their suffering. AMEN (hold silence)

And, at this time of social isolation and significant lifestyle change, we think of all those God has placed particularly on our hearts..... We think of friends; family; and our fellow travellers on the journey of Christian meditation and contemplation. We ask you God to bless them and keep them in every place where they are. AMEN

We say together.....

Our Father, who art in heaven,
Hallowed be thy name;
Thy kingdom come;
Thy will be done;
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us
Our trespasses,
As we forgive those who trespass against us.
And lead us not into temptation;
But deliver us from evil.

For thine is the kingdom,
The power and the glory,
For ever and ever.
AMEN

Closing Prayer – WCCM Community Prayer (spoken together)

May our group be a true spiritual home for the seeker, a friend for the lonely, a guide for the confused. As we pray together for ourselves and others, may we be strengthened by the Holy Spirit to serve and receive all as Christ Himself. In the silence, may all suffering, violence, fear and confusion of the world encounter the Power that will console, renew and uplift the human spirit.

May our silence be a power that opens the hearts of men and women to the vision of God, and so to each other, in love and peace, justice and human dignity. May the beauty of the divine life, fill our group and the hearts of all who pray with us, with a joyful hope.

May all who feel weighed down, particularly by the present problems of humanity, feel lifted by kindness and community spirit, and give thanks for the wonder of human life.

We make this prayer through Christ our Lord. AMEN Ω