



## St. Timothy Centering Prayer January 15, 2012

- Opening bell signals our intention to be present with God
- Gathering Prayer

O God, the joy of this day, the hope for every day to come, Move in our midst, fill us with your Spirit, and make us one. May our words, as well as our actions, and even the secret thoughts of our hearts, be a part of this time together. For we pray focused upon the One who died for all, your only begotten son. **Amen.**

### *Lectio divina: A Reading from Ecclesiastes 7:14*

“When times are good, be happy; but when times are bad, consider this: God has made the one as well as the other. Therefore, no one can discover anything about their future.”

- Bell tolls to begin our meditation time (20 min)
- Bell tolls to end meditation
- Lord’s Prayer and Celebration of Eucharist

### **Reading from Henri Nouwen - Enough Light for the Next Step**

Often we want to be able to see into the future. We say, "How will next year be for me? Where will I be five or ten years from now?" There are no answers to these questions. Mostly we have just enough light to see the next step: what we have to do in the coming hour or the following day.

The art of living is to enjoy what we can see and not complain about what remains in the dark. When we are able to take the next step with the trust that we will have enough light for the step that follows, we can walk through life with joy and be surprised at how far we go.

Let's rejoice in the little light we carry and not ask for the great beam that would take all shadows away.

- Benediction

May Christ be with you, may he go before you to show you the way, may he go behind you to encourage you, beside you to befriend you, above you to watch over you, within you to give you peace. **Amen**

- Bell tolls our silent dismissal