

St. Timothy Centering Prayer 8.9.15 Time After Pentecost-Bread of Life

“The Holy Spirit preaches here, and one word of the Spirit’s sermon is far better than a thousand of our prayers.”

- **Gathering Bell** signals our intention to Silence & Stillness as we rest in God’s presence.
- **Call to Prayer: Dear God, our life giver, the promise of a new life in Christ is like a breath of fresh air in a dry, thirsty land. We gather here as believers and as those who are honestly seeking the truth, the way and the life. Guide us in our prayers. AMEN**
- **Scripture: John 6: 32-³²** Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³ For the bread of God is the bread that comes down from heaven and gives life to the world.”

³⁴ “Sir,” they said, “always give us this bread.”

³⁵ Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

- **Lectio Divina: From Mystic Poems of Earth and Fire-Carl Barbarotto-BA in psychology, BA in Theology from Dominican College and a Christian Mystic**

Feed My Lambs

I am the bread of life

Nourishing every atom with infinite light

I AM your sustenance and strength, even in the desert storms of seeming isolation

Even there my Manna falls rejuvenating every cell

This Manna circles the golden Tabernacle in gentle spirals of translucent floating wafers

It descends as angelic dust

So extend your tongue to receive this blessed food melting all human hunger and lack

Once you taste this bread

Received in humble consciousness

You will never hunger again

- **Silence and Stillness**
- **Reflections: Did you know, the literal translation of “Bethlehem” or “Bet Lehem” is “House of Bread?”**
- **Sending Prayer: Dear Father, we thank you for the bread of life, your Son, sent down from heaven to give life. May we be strengthened by this food, and go out to be his body in the world. AMEN**

GO IN PEACE