

“For as the heavens reach beyond earth and time, we swim in mercy as in an endless sea” Psalm 103:11

# Pilgrim, become present and attentive.



## A Call to prayer: *Blessing in the Chaos* read slowly

To all that is chaotic in you,  
let there come silence.

Let there be a calming  
and a stilling.

Let what distracts you cease.

Let what divides you cease.

Let there come an end  
to whatever diminishes ...

Let there be an opening  
into the quiet that  
lies beneath the chaos,  
where you find the peace  
you did not think  
possible ...

—Jan Richardson

## Gathering Reflection: *GRATITUDE* by Louie Schwartzberg

[https://www.youtube.com/watch?v=4115qFsdWKQ&ab\\_channel=EveryoneMatters](https://www.youtube.com/watch?v=4115qFsdWKQ&ab_channel=EveryoneMatters)  
If you have the means, watch the clip. If not, simply read the reflection slowly.

**Be present as you experience this reflection. It will remind you of the gifts of attentiveness and presence.**

**Notice your inner responses as you listen...**

You think this is just another day in your life? It's not just another day. It's the one day that is given to you today. It's given to you. It's a gift. It's the only gift that you have right now, and the only appropriate response is gratefulness. If you do nothing else but to cultivate that response to the great gift that this unique day is, if you learn to respond as if it were the first day in your life, and the very last day, then you will have spent this day very well.

Begin by opening your eyes and be surprised that you have eyes you can open. That incredible array of colours that is constantly offered to us for pure enjoyment.

Look at the sky. We so rarely look at the sky. We so rarely note how different it is from moment to moment, with clouds coming and going. We just think of the weather. And even of the weather, we don't think of all the many nuances of weather. We just think of good weather and bad weather.

This day, right now, has unique weather, maybe a kind that will never exactly in that form come again.

The formation of clouds in the sky will never be the same that is right now. Open your eyes. Look at that.

Look at the faces of people whom you meet. Each one has an incredible story behind their face, a story that you could never fully fathom. Not only their own story, but the story of their ancestors. We all go back so far. And in this present moment, on this day, all the people you meet, all that life from generations and from so many places all over the world, flows together and meets you here like life-giving water, if you only open your heart and drink.

Open your heart to the incredible gifts that civilization gives to us. You flip a switch, and there is electric light.

You turn a faucet, and there is warm water and cold water and drinkable water.

It's a gift that millions and millions in the world will never experience.

So these are just a few of an enormous number of gifts to which we can open your heart.

And so I wish you that you would open your heart to all these blessings and let them flow through you, that everyone whom you will meet on this day will be blessed by you. Just by your eyes, by your smile, by your touch. Just by your presence. Let the gratefulness overflow into blessing all around you.

Then it will really be a good day.

**Share or Journal:** *What awareness of presence has been stirred in you?*

**Scripture Reading: *The Encounter with God* 1 Kings 19:11-13**

“Go up and stand on the mount, waiting for the Lord. The Lord is about to pass by.” There was a great and powerful windstorm which rent the mountains and broke the rocks into pieces before the Lord, but the Lord was not in the wind. After the storm, an earthquake, but the Lord was not in the earthquake. After the earthquake, a fire, but the Lord was not in the fire. After the fire, the whisper of a gentle breeze. When Elijah heard this, he covered his face with his cloak, went out and stood at the entrance of the cave.

**Song:** *Movement of My Heart* by Johna Peterson

*The words of this beautiful song have been adapted from Bernard of Clairvaux. The song can be found at [https://www.youtube.com/watch?v=nN0frhqsuwo&ab\\_channel=JohnaPeterson-Topic](https://www.youtube.com/watch?v=nN0frhqsuwo&ab_channel=JohnaPeterson-Topic)  
They could also be spoken as a prayer.*

**Refrain:**

Not by any sight, nor by any sound, not by any touch  
save the movement of my heart.

Not by any sign, nor by any sense, not by any touch  
save the movement of my heart.

Oh, life and power, you enter in, Awaken my slumbering soul.  
You stir and soothe, kiss my heart, soften this hardness of stone.

*Refrain*

Oh, glorious beauty, you enter in, awaken my slumbering soul.  
In my inmost self, my depth of heart, goodness and mercy unfold.

*Refrain*

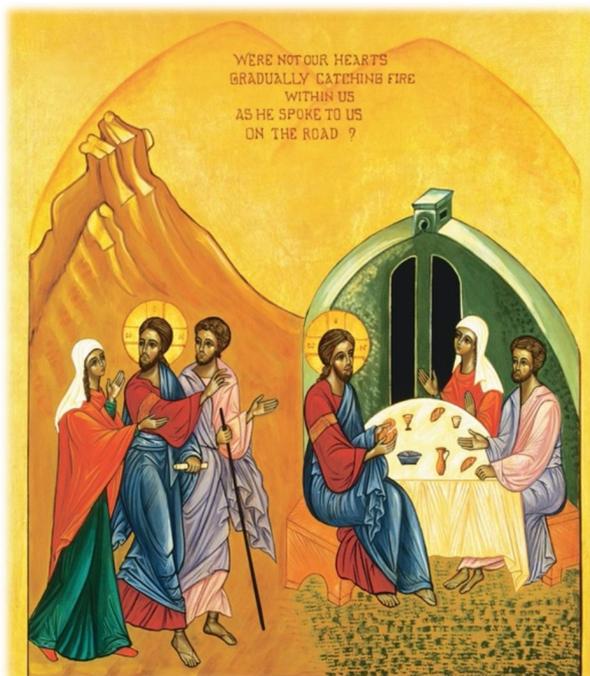
Oh, bless our God, you enter in, awaken my slumbering soul.  
You warm the cold, water the dry, illumine this darkness of mine.

*Refrain*

***Be present in silence now to your journey of life recently  
and those you have encountered along the way.***

***Has your heart been stirred?***

***Where have you noticed movement?***



*Mercy ... Marimari*

**Our  
Pilgrimage of Hope  
wokabut bilong yumi long Hope**

**Response:**

Catherine McAuley and her ‘walking sisters’ were present to the suffering of others. They found the courage to reach out.

Their mercifulness and hospitality challenge us to find a willingness to be present and to walk in the shoes of another.

And, to respond in the mercy always present

“as in an endless sea” Psalm 103:11

‘Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Hebrews 13: 2

***Share: Where might you be being invited to respond?***

# Pilgrim, will you journey on now - in presence?

Mindful of your mercy heart and attentive to it's movements  
take a little time each day to be silent and still  
and ask yourself:

"Did I offer peace today?  
Did I bring a smile to someone's face?  
Did I say words of healing?  
Did I let go of my anger and resentment?  
Did I forgive?  
Did I love?"  
These are the real questions."

—from Henri J. M. Nouwen, *The Road to Peace*

'If we are humble and sincere, God will finish in us the work begun. God never refuses grace to those who ask it.'  
Catherine McAuley, Familiar Instructions

**Closing Prayer: The Heart of Eternal Love:** from *Out of the Ordinary*, Joyce Rupp

**Heart of Love,**  
Source of all kindness,  
Teacher of the ways of goodness,  
you are hidden in the pockets of daily life,  
waiting to be discovered.

**Heart of Gladness,**  
Joy that sings in our souls,  
the Dancer and the Dance,  
you are Music radiating in our  
cherished caches of consolation.

**Heart of Compassion,**  
the Healing One weeping  
for a world burdened and bent,  
you are the heart we bring  
to the wounded, worn and weary.

**Heart of Comfort,**  
Sheltering Wings of love,  
Refuge for sad and lonely ones,  
you embrace all who bear loss,  
gathering their tears with care.

**Heart of Understanding,**  
One who gazes upon the imperfect,  
the incomplete, the flawed, the weak,  
you never stop extending mercy.

**Heart of Generosity,**  
Abundance of insight and hope,  
daily you offer us gifts of growth,  
leading to continual transformation.

**Heart of Deepest Peace,**  
Centre of tranquillity,  
Resting Place at the core of our being,  
you are waiting always for our return  
to this sacred home. Amen

