

Mercy Is...

Kitchen Table Conversation
Number Four - September 2026



Welcome to the fourth of our monthly Kitchen Table Conversations. This month, we are invited to reflect on the theme 'Mercy Is...' and consider what Mercy means to us and where we see Mercy moving in our world today.

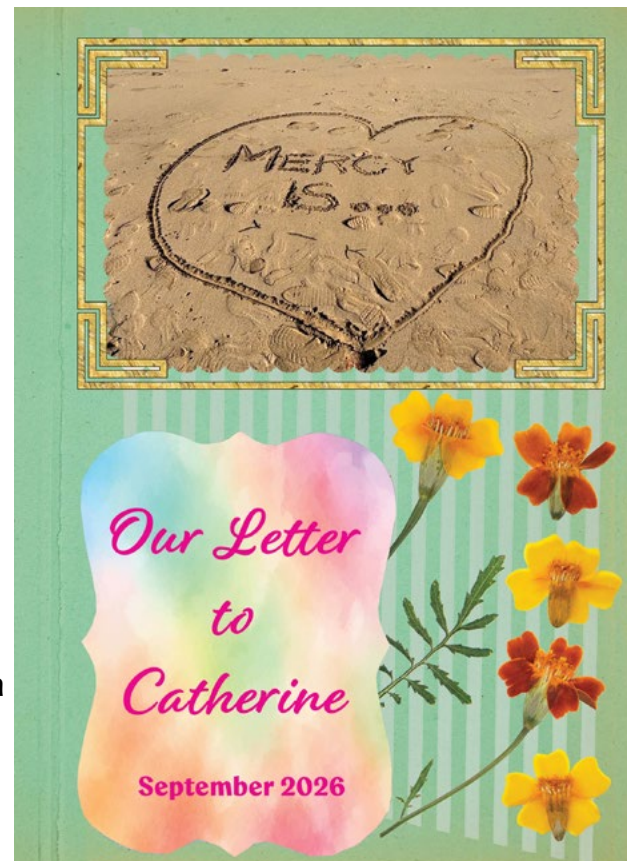
What you need: For this month, it is recommended that you have a: Candle (battery-operated preferred); Smartphone, iPad or TV to play the song; and, a Comfortable cup of tea!

Acknowledgement: We acknowledge the Traditional Custodians of the lands on which we have gathered. We recognise their stewardship and care of Country and their deep spiritual connection to land, waters and creation.

Light a Candle: If you are able (and fire regulations allow in your building), you are invited to light a candle.

Opening Prayer: God of Mercy, be with us as we gather. Open our hearts and minds to recognise your Mercy in our sharing during this time. Amen

Readings: You are invited to choose two readings from the book **Our Letter to Catherine** ([click here](#)) and invite a member of your group to read them.



Members of the Kitchen Table group are now invited to view the **video** ([click here](#)) which brings together the voices and reflections of people across our wider Mercy family. It particularly focuses on some of the many justice issues that are calling for Mercy today.

You are invited to consider the following questions:

Where do you see a need for increased justice or compassion in the world around you and how might Mercy call you to respond?

What is one way you could respond that might make a difference?

You may like to do this in a Contemplative Dialogue style (incorporated in these suggested directions):

- *Pause:* Before considering the questions you are asked to have a time of silence (1 minute).
- *Share:* Each person is invited to share their responses to these questions for a suggested 3-5 minutes.
- *Pause:* Once all have shared you are invited to have a further minute of silence.

You are then invited to consider:

***From what you have heard from the group, has anything shifted your own thinking?
What is emerging that might be new?***

Closing Prayer: God of Mercy, as we conclude our time together today, we give thanks for the wisdom we have shared. May the Mercy we have recognised among us continue to shape our hearts and minds. Amen

Carry Forward the Light: As we conclude our time together, we extinguish the candle and carry forward the light within each of us.

Closing Song:

Light of Mercy

[Click here](#) to play audio recording or go to 14.35 in the video - [Click here](#)

Light of mercy, shine within our hearts and reveal the path of justice.

Tear away the fear that holds us back from reaching out in love.

***In all that we do and all that we are
May the light of mercy shine deep within us. Deep within us.***

Light of mercy, shine within our minds, free us from the chains of judgement.
Turn our thoughts toward equality where we can live as one.

Chorus

Light of mercy, shine within our souls, and release us from our struggles.
Show us your compassion, hold us in your everlasting light.

Chorus