

Living Mercy Living Well



Welcome to the fifth of our monthly Kitchen Table Conversations. This month, we are invited to reflect on the theme **Living Mercy Living Well**.

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:

*But now this is what God says,
the One who created you,
the One who formed you:
Do not fear, for I have redeemed you;
I have called you by name; you are mine.*
Isaiah 43:1-4 (adapted)

*We have now, by God's help, like good
gardeners, to make these plants grow,
and to water them carefully, so that they
may not perish, but may produce flowers
which shall send forth great fragrance...*
St Teresa of Ávila, The Life of Teresa of Jesus,
Chapter 11

Members of the Kitchen Table group are now invited to view the **monthly video** ([click here](#)) or read the **reflection sheet** ([click here](#)). A reminder that the full version of Joanne Dickson's presentation is also available to be viewed ([click here](#)).

You are invited to reflect on the following:

Joanne and Jane remind us of the importance of knowing what gives us purpose and making space for our own wellbeing. They invited us to consider the wells we draw from and what helps to fill our cup, so that we can continue to be nourished and to share what we have with others.

In light of their reflections:

**What are the wells that you draw from, or could draw from,
to help fill your cup and nourish your life?**

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

- *Pause:* Before considering the question, 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: *Dancing with God* by Brieger O'Hare osc
[Click here](#) to play the audio recording or go to 14.27 in the video ([click here](#))

I cannot dance, O Lord, unless you lead me.
And if you want me to leap for joy!
Then you must be the first to dance and to sing
and I will follow you, in your echo I will ring,
then, only then; then, only then; then, only then;
will I leap for joy!

I cannot sing, O Lord, unless you lead me.
And if you want me to sing for joy.
Then you must be the first to sing out your song
and I will follow you and sing right along,
then, only then; then, only then; then, only then;
will I sing for joy!

Lead me Lord in your joyful dancing
I will follow in your dance of life.
Then all my living
will be true to you my loving God.

I cannot dance, O Lord, unless you lead me.
And if you want me to leap for joy!
Then you must be the first to dance and to sing
and I will follow you, in your echo I will ring,
then, only then; then, only then; then, only then;
will I leap for joy. Leap for joy.
Will I leap for joy!