



March 30, 2022

A LENTEN PRAYER VIGIL FOR SOCIAL JUSTICE: to listen, learn, and love

Supplemental: Readings, Songs, Scriptures and Resources

**This booklet is designed for your personal use in prayer time*

SESSION 1: A PLACE TO BELONG

MEDITATION PRAYERS, SCRIPTURE AND READINGS

GO WITH ME IN A NEW EXODUS

O God of fire and freedom
deliver me from my bondage
To what can be counted
And go with me in a New exodus
toward what counts
but can only be measured
In bread shared
and swords become plowshares
In bodies healed
And minds liberated;
In songs sung
And justice done;
In laughter in the night
And joy in the morning;
In love in all seasons
And great gladness of heart;
In all people coming together
And a kingdom coming in glory;
In your name being praised
And my becoming an alleluia,
Through Jesus Christ.

STRANGERS IN A FOREIGN LAND

Lord God, help us to remember those who tonight will go to sleep unfed and unwelcome, strangers in foreign lands, people who have fled for their lives and are far from their homes. We lift up to you those who are escaping persecution and conflict, having fled death, torture or ruthless exploitation.

So many carry wounds, mental and physical. So many have suffered greatly.

Lord Jesus, give us more of your compassion for their plight, soften our hearts to their situation,

and help us follow your lead in seeking justice and mercy on their behalf.

We pray for an end to the wars, poverty and human rights abuses that drive desperate people to become refugees in the first place.

We give thanks for people working in troubled countries and ask for more of your blessing so we can bring life, dignity and hope to those that remain.

We thank you that you are Lord of all the earth and all its people are loved by you.

We pray these things in the name of your Son who was himself born into the troubled life of a refugee.

Author unknown. Accessed: March 4, 2022 (<https://www.xavier.edu/jesuitresource/online-resources/prayer-index/immigrants-and-refugees#Foreign%20Land>)

SONG: ON EAGLES WINGS, LYRICS BY JONCAS

1. You who dwell in the shelter of the Lord, who abide in His shadow for life, Say to the Lord, "My Refuge, My Rock in Whom I trust."

Refrain:

*And He will raise you up on eagle's wings,
Bear you on the breath of dawn,
Make you to shine like the sun,
And hold you in the palm of His Hand.*

2. The snare of the fowler will never capture you, and famine will bring you no fear; Under His Wings your refuge, his faithfulness your shield.

Refrain

3. You need not fear the terror of the night, nor the arrow that flies by day,
Under his wings your refuge his faithfulness your shield

Refrain

4. For to His angels He's given a command, to guard you in all of your ways,
Upon their hands they will bear you up, lest you dash your foot against a stone.

Refrain

SCRIPTURES

Deuteronomy 31:8 (NIV)... Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.

Deuteronomy 10: 17-18

For our God is a God of gods and Lord of lords, the great God, mighty and awesome, who shows no partiality and accepts no bribes. God defends the cause of the orphan and the widow, and loves the immigrant, giving the immigrant food and clothing. And we are to befriend and love those who are immigrants, for God's people were immigrants in Egypt.

SESSION 2: THAT OTHERS MIGHT THRIVE

MEDITATION PRAYERS, SCRIPTURE AND READINGS

PRAYING by Mary Oliver

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
Small stones; just
pay attention, then patch

A few words together and don't try
to make them elaborate.
this isn't a contest but the doorway

Into thanks, and a silence in which
another voice may speak.

WILD GEESE By Mary Oliver

You do not have to be good
You do not have to walk on your knees
for a hundred miles through the desert repenting,
You only have to let the soft animal of your body love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, now matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting
over and over announcing your place
In the family of things.

PRAYER

Teresa of Avila

Let Nothing disturb you,

Let Nothing frighten you,

All things are passing away.

God never changes.

Patience obtains all things

Whoever has God lacks nothing;

God alone suffices.

Accustom yourself continually to make many acts of Love.

Amen

LET'S BEGIN WITH A MOMENT OF SILENCE

In the name of the holy, of love, and of peace;

In the name of the lost, the lonely, the least;

In the name of the anxious, uncertain, and scared;

In the name of the desperate, and all those who dared;

In the name of the faithful, the angry, the ill;

In the name of the hungry, those eating their fill;

In the name of the refugee, native, and lost'

In the name of the doctor, weighing the cost;

In the name of those building, creating, inventing;

In the name of the cashier, the addict, repenting;

In the name of our children and our elders, too;

In the name of executives, the unsheltered, and you;

In the name of this earth, which we steward with care;

In the name of the boring and those with some flair;

In the name of the citizen, resident, stranger;

In the name of all those who live lives filled with danger;

In the name of the educated, the queer, and the cold;

In the name of the shy ones and those who are bold;

In the name of real people, so messy and glorious;

In the name of hilarious, heartbreak, uproarious;

In the name of those hoping, and all those despairing;

In the name of those who find it hard to keep caring'

In the name of the people you understand and respect'

In the name of all those to whom you'd object;

In the name of the sick, the thriving, the dying;

In the name of the grieving, the struggling, the trying;

In the name of all those you have been called to serve;

May you connect with your values and summon your nerve;

May you breathe this sweet air and feel it a gift;

May you be rooted and present, no longer adrift;

May you do the courageous, if challenging, thing;
In awe of the opportunity every day brings;
May you open your hearts and your minds to the true;
To beauty, and justice, which make all things new;
May the work that is set before you this day;
Connect with you propose, your passion, your way;
May you lead and yet listen, being held in a love;
That is sacred and timeless, perhaps from above;
Perhaps from below, perhaps from within;
Still a power that turns us from strangers to kin;
May grace and wisdom be yours in the work of this hour;
May your discernment be thoughtful, your decisions empowered;
May you remember what is at the heart of your call;
To see, hear, and turn toward these, one and all.
Amen.

A Prayer from The Rev. Claire Dietrich Ranna, Christ Episcopal Church Los Altos, Ca

JEWISH BLESSING FOR A JUST SOCIETY

Barukh sh'amar v'hayah ha'olam.
Blessed is the One who spoke and the world came into being.
Blessed are the words of creation.
Blessed is the creation of a loving and just society.
Blessed is the society that honors human dignity.
Blessed are those who know the call of justice.
And let us say, Amen

A PRAYER FOR GOOD HEALTH

Ref. www.lords-prayer-words.com

Lord, today I offer You my mind
May I seek the mind of Christ in all things
Freed from anxiety and fear
Filled with wholeness and wellness
Today I offer You my Spirit
In you I have been born again
Your Spirit dwells deeply within me
My Spirit is alive in You
Freed from depressive thoughts and critical
Thinking

Today I offer You my body
May it be a temple dedicated to You O Lord
A place for You to live and reign
May I be mindful of what I eat and drink

May I be watchful of my sleep and rest
Lord, right now I offer you my whole being
I present my mind, spirit and body to You
Come and take me as a living sacrifice
This day and everyday
May I ever glorify and worship You.
Amen

PRAYER FOR THOSE WHO LIVE ALONE
From the BCP

Almighty God, whose Son had nowhere to lay his head;
Grant that those who live alone may not be lonely in their solitude, but that, following in his steps,
they may find fulfillment in loving you and their neighbors;
through Jesus Christ our Lord.

Amen

FOR THE VICTIMS OF ADDICTION
From the BCP

O blessed Lord, you ministered to all who came to you:
Look with compassion upon all who through addiction have lost their health and freedom.
Restore to them the assurance of your unfailing mercy;
remove from them the fears that beset them;
strengthen them in the work of their recovery;
and to those who care for them, give patient understanding and persevering love.

Amen

SCRIPTURES

GALATIANS 6:2

Carry each other's burdens and so you will fulfill the Law of Christ.

MICAH 6:8

What does the Lord require of you? To do justice, to love kindness, and to walk humbly with God.

JOHN 15:12

This is my commandment, that you love one another as I have loved you.

ACTS 20:35

In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words of the Lord Jesus Himself, "It is more blessed to give than to receive".

PROVERBS 3:27

Do not withhold good from those to whom it is due, when it is in your power to do it.

PROVERBS 19:17

Whoever is kind to the poor lends to the Lord, and will be repaid in full.

PHILLIPIANS 2:4

Not looking to your own interests, but each of you to the interests of the Other.

PROVERBS 31:8-9

Speak out for those who cannot speak, for the rights of all the destitute. Speak out, judge righteously, defend the rights of the poor and needy.

LUKE 6:28

Give, and it will be given to you. A good measure, pressed down, shaken together and recurring over, will be poured into your lap. For with the measure you use, it will be measured to you.

MARK 10: 45

For even the Son of Man did not come to be served, but to serve and to give his life as a ransom for many.

1 PETER 4:10

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's Grace in its various forms.

ROMANS 12:9-13

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in Hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality.

I THESSALONIANS 5:11 & HEBREWS 3:13

Therefore encourage one another and build each other up.

JOHN 3:16-18

We know Love by this, that He laid down His Life for us-and we ought to lay down our lives for one another. How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help?

IMAGINE
By John Lennon

Imagine there's no heaven
It's easy if you try
No hell below us
Above us, only sky,

Imagine all the people
Living for today, Ah....

Imagine there's no countries,
It isn't hard to do
Nothing to kill or die for
And no divisions, too
Imagine all the people
Living life in peace
You....

You may say I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will live as one

Imagine no possessions
I wonder if you can
No need for greed or hunger
A brotherhood of Man
Imagine all the People
Sharing all the world
You...

You may say I'm a Dreamer
But I'm not the only one
I hope someday you'll join us
And the world will live as one.

SESSION 3: SAFE HARBOR

REFERENCES OF SURVIVOR STORIES

Survivor of childhood abandonment

www.thoughtcatalog.com/lorenzo-jensen-iii/2018/02/18-people-reveal-horrifying-stories-of-childhood-family-abuse

Survivor of domestic abuse (published story retold in first person)

www.justice.gov/elderjustice/abuse-stories

Survivor of childhood psychological abuse

www.thoughtcatalog.com/lorenzo-jensen-iii/2018/02/18-people-reveal-horrifying-stories-of-childhood-family-abuse

Survivor of childhood emotional and verbal abuse

www.thoughtcatalog.com/lorenzo-jensen-iii/2018/02/18-people-reveal-horrifying-stories-of-childhood-family-abuse

Survivor of prostitution by human trafficking

www.ice.gov/features/human-trafficking-victim-shares-story

Official Website of the Department of Homeland Security

Survivor of childhood sexual assault

www.thoughtcatalog.com/lorenzo-jensen-iii/2018/02/18-people-reveal-horrifying-stories-of-childhood-family-abuse/

Survivor of domestic violence

www.getdomesticviolencehelp.com/short-stories-of-domestic-abuse

Survivor of elder abuse (published story retold in first person)

www.justice.gov/elderjustice/abuse-stories

Survivor of childhood bullying

www.noplace4hate.org/real-bullying-stories

Survivor of anti-Asian hate crime (news story retold in first person)

www.ksro.com/2021/05/05/survivors-of-hate-crimes-bias-incidents-speak-out-about-their-journey-to-recovery

MEDITATION PRAYERS, SCRIPTURE AND READINGS

WE HIDE IN SILENCE

A poem by a survivor of domestic violence

We hide in silence
Keeping our thoughts in safes
Locked away for fear of not being believed
We hide in our homes
In the comfort of the known
The prison where we know to follow rules
We hide in isolation
Self-imposed through lack of self
We hide behind our roles
Our duties to each other
Never letting on the person behind the scenes
We hide for fear of being
Lest we should wake up and try to live.

Ref. www.hiddenhurt.co.uk/domestic_violence_poems_1.html#lost

UNDER HIS WINGS

A Gospel hymn by William O. Cushing, Ira D. Sankey, 1896

Under His wings I am safely abiding;
Though the night deepens and tempests are wild,
Still I can trust Him, I know He will keep me;
He has redeemed me, and I am His child.

Under His wings, under His wings,
Who from His love can sever?
Under His wings my soul shall abide,
Safely abide forever.

Under His wings--what a refuge in sorrow!
How the heart yearningly turns to His rest!
Often when earth has no balm for my healing,
There I find comfort, and there I am blest.

Under His wings--oh, what precious enjoyment!
There will I hide till life's trials are o'er;
Sheltered, protected, no evil can harm me;
Resting in Jesus I'm safe evermore.

SCRIPTURE

MATTHEW 5: 1 – 12

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the pure in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

“Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.¹² Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

PRAYER FOR HEALING VICTIMS OF ABUSE

Ref. www.usccb.org/prayers/prayer-healing-victims-abuse

God of endless love,
ever caring, ever strong,
always present, always just:
You gave your only Son
to save us by the blood of his cross.

Gentle Jesus, shepherd of peace,
join to your own suffering
the pain of all who have been hurt
in body, mind, and spirit
by those who betrayed the trust placed in them.

Hear the cries of our brothers and sisters
who have been gravely harmed,
and the cries of those who love them.
Soothe their restless hearts with hope,

steady their shaken spirits with faith.

Grant them justice for their cause,
enlightened by your truth.

Holy Spirit, comforter of hearts,
heal your people's wounds
and transform brokenness into wholeness.

Grant us the courage and wisdom,
humility and grace, to act with justice.

Breathe wisdom into our prayers and labors.

Grant that all harmed by abuse may find peace in justice.

We ask this through Christ, our Lord. Amen.

HOPE FOR THE FUTURE PRAYER

Ref. www.connectusfund.org/10-powerful-prayers-for-abused-children

Light in the Darkness,

I beg You today to remove all dangerous situations from the paths of the children who are being abused or neglected.

Lay Your hands on them to heal their wounds, both emotionally and physically.

May they always know how much You love them and that You are there for them.

Allow them to see the good in the world and that their lives will one day be different.

Open their eyes to the love that society has for them.

Show them You never meant for life to be like this for anyone.

Fill them with hope for the future.

Lord, bless their little souls and protect them with all Your might.

In Jesus' powerful name, I pray. Amen.

PRAYER TO END TRAFFICKING

Ref. USCCB handout for World Day of Peace 2015

Loving Father,

We seek your divine protection for all who are exploited and enslaved.

For those forced into labor, trafficked into sexual slavery, and denied freedom.

We beseech you to release them from their chains.

Grant them protection, safety, and empowerment.

Restore their dignity and provide them a new beginning.

Show us how we might end exploitation by addressing its causes.

Help us reach out in support of victims and survivors of human trafficking.

Make us instruments of your spirit for their liberation.

For this we pray through our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

Amen

PRAYER TO END VIOLENCE
From the Archdiocese of New Orleans
Ref. www.consecratedhearts.com/prayers/a-prayer-to-end-violence/

God of Goodness,

You know that the violence in our community is out of control.

It is taking our helpless and innocent ones, it is taking our children.

And, we confess that beyond the violence in our streets, is the violence in our own hearts.

We contribute to a culture of violence whenever we give in to hatred, fear, indifference, and our own self-satisfaction.

It seems that we are growing numb to the suffering, the loss, the indignity done to our sisters and brothers and to our Earth.

But in our hearts, and in the heart of the community, help us to value life and beauty over instant satisfaction, and to value sharing over greed.

Empower us to acknowledge and affirm our children, our spouses, our neighbors, and seek respectful solutions to our conflicts.

Create through us a world where it will be easier to be good.

Your Spirit, given to us, is not timid.

Therefore, each of us can do something, person by person, family by family, community by community, to realize that we are one—one body, one people, one earth.

By Your design, we thrive or we perish together.

Holy One, give us the grace of hope.

Give us the dedication to goodness and truth as we seek to restore our community to wholeness and life.

Enable us in this way, to take back our city from the violence and crippling fear we find in our midst.

Trusting that Your desire for us is peace, not disaster, we pray this in Your Name.

Amen.

SESSION 4: NOT JUST ME, BUT WE

MEDITATION PRAYERS, SCRIPTURE AND READINGS

NEW DAY LYRIC by Amanda Gorman

May this be the day we come together.
Mourning, we come to mend, withered, we come to weather,
Torn, we come to tend, battered, we come to better.
Tethered by this year of yearning, we are learning
That though we weren't ready for this, we have been readied by it.
We steadily vow that no matter how we are weighed down,
We must always pave a way forward. *

This hope is our door, our portal. Even if we never get back to normal, someday we can venture beyond it, to leave the known and take the first steps. So let us not return to what was normal, but reach toward what is next. *

What was cursed, we will cure. What was plagued, we will prove pure. Where we tend to argue, we will try to agree. Those fortunes we forswore, now the future we foresee,
Where we weren't aware, we're now awake; those moments we missed are now these moments we make, the moments we meet,
And our hearts, once altogether beaten, now all together beat. *

Come, look up with kindness yet, for even solace can be sourced from sorrow. We remember, not just for the sake of yesterday,
But to take on tomorrow. *

We heed this old spirit, in a new day's lyric, in our hearts, we hear it: for auld lang syne, my dear, for auld lang syne.

Be bold, sang Time this year, be bold, sang Time,
For when you honor yesterday, tomorrow ye will find.
Know what we've fought need not be forgot nor for none.
It defines us, binds us as one, come over, join this day just begun.
For wherever we come together, we will forever overcome.

A HAITIAN PROVERB

by Theresa Coop

Where do we stand? Do we stand in the luxury of our own home?
Do we see the walls filled with comfort and security?
Do we stand on the front porch? Do we see the house next door and across the street, perhaps where our friends live?
Do we stand on the corner down the street?
Do we see the neighborhood and its collection of people and lives?
Do we stand at the front of the neighborhood?
Do we see the main street and the traffic it brings to our world?
Do we stand at the bus stop? Do we see the many busy people that drive by?
Do we see those who walk by? Do we see the faces on the bus as they pass us by?
Do we stand at the center of the city? Do we see the faces that live and breathe the life of urban surroundings?
Do we see the faces of those living on the street? Do we see them, hiding under bridges or asking for help?
Do we stand at the airport? Do we see the collection of people coming home and traveling far? Do we see the people emptying the trash and cleaning the floor?
Do we stand in a new city? Do we see the marvels of history and culture before us?
Do we see the poverty and hardship of the streets before us?
Do we stand in a warring nation? Do we see the destruction?
Do we see the fear? Do we see those mourning losses that can never be recovered?
Do we stand in the under-developed world? Do we see the despair?
Do we see the hunger? Do we see the hope? Where do we stand?
Will we stand in solidarity with our brothers and sisters to work, hope and pray that we will all stand in one equal place?
Will we, one day, see a world of peace, abundance, compassion, and love from wherever we stand?

LET US FORGET

By Mary Oliver

Oh loving God of wisdom, let us forget ourselves...
Let us forget what seem to be insurmountable issues
Until we look into the eyes of a starving child
With no food or even hope of food, with no home
No father and a mother who is dying...
Let us forget the daily stresses and anxieties about our own lives...
That might be nothing- compared to the terror of living in violence
In the midst of war, in having your home bombed to tiny pieces,
In fearing to cross the street or the city to see your sister, parent or child
Let us not forget that you are here

You are guiding our minds, eyes and hearts

To see beyond our worries and fears, to show us the need in the world, to show us the hope in the world, to show us the possibilities of change before us

Let us forget ourselves...and remember why we are truly here...

We are the sisters and brothers of Jesus who allowed himself to be led by the Spirit through the wilderness.

With God's help, we will be the community called by the Creator, sent by Christ, the Spirit-wind at our backs. We will open wide the closed door, face our shadows and rise to a new life filled with light, peace and justice.

May God accept and bless our pledge to build a new world where our natural response is love. Amen.

THOMAS MERTON HAD THIS TO SAY ABOUT THE HEART:

"If I allow Christ to use my heart in order to love my brothers and sisters with it, I will soon find that Christ, loving in me and through me, has brought to light Christ in my brothers and sisters. And I will find that the love of Christ in my brothers and sisters, loving me in return, has brought forth the image and reality of Christ in my own soul."

HOWARD THURMAN, COMMENCEMENT ADDRESS, GARRETT BIBLICAL INSTITUTE, 1943

"We must proclaim the truth that all life is one and that we are all of us tied together. Therefore it is mandatory that we work for a society in which the least person can find refuge and refreshment. . . You must lay your lives on the altar of social change so that wherever you are, there the Kingdom of God is at hand!"

[Howard Washington Thurman was an American author, philosopher, theologian, educator, and civil rights leader. As a prominent religious figure, he played a leading role in many social justice movements and organizations of the twentieth century]

A PRAYER ATTRIBUTED TO HENRY-FREDERIC AMIEL, 19TH CENTURY SWISS PHILOSOPHER AND POET:

"Life is short, and we do not have much time to gladden the hearts of those who make the journey with us. So be swift to love, and make haste to be kind. Shower abundant hospitality on friend and stranger. Walk in justice, that you may follow the path of mercy and love. And the blessing of God, who made us, who loves us, and who travels with us, be with you now and forever."

MARTIN LUTHER KING, JR. in his Letter from a Birmingham Jail

"Moreover, I am cognizant of the interrelatedness of all communities and states. I cannot sit idly by in Atlanta and not be concerned about what happens in Birmingham. Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly. Never again can we afford to live with the narrow, provincial "outside agitator" idea. Anyone who lives inside the United States can never be considered an outsider."

14TH C. CHRISTIAN MYSTIC, JULIAN OF NORWICH, ENGLISH ANCHORESS OF THE MIDDLE AGES, used the Old English term ‘oneing’ to describe what happens between God and the soul. As Julian put it, “By myself I am nothing at all; but in general *I am, I hope, in the oneing of love...* for it is in this oneing that the life of all people consists.” She also wrote, “The charity of God creates in us such a oneing that when it is truly seen, no person can separate themselves from another” and “In the sight of God, all humans are oned, and one person is all people.”

Ref. excerpts by Richard Rohr from Divine Love by Julian of Norwich.

AS A FIRE IS MEANT FOR BURNING by Ruth Duck

(to the tune of Beach Spring)

Listen on UTube: <https://www.youtube.com/watch?v=29gTR2yBhPU>

As a fire is meant for burning with a bright and warming flame,
so the church is meant for mission, giving glory to God’s name.
Not to preach our creeds or customs, but to build a bridge of care,
we join hands across the nations, finding neighbors everywhere.

We are learners; we are teachers; we are pilgrims on the way.
We are seekers; we are givers; we are vessels made of clay.
By our gentle, loving actions, we would show that Christ is light.
In a humble, listening Spirit, we would live to God’s delight.

As a green bud in the springtime is the sign of life renewed,
so may we be signs of oneness ’mid earth’s peoples, many hued.
As a rainbow lights the heavens when a storm is past and gone,
may our lives reflect the radiance of God’s new and glorious dawn.

References:

Jacqui Lewis, Fierce Love: A Bold Path to Ferocious Courage and Rule-Breaking Kindness That Can Heal the World (New York: Harmony Books, 2021), 11–12.

Richard Rohr, A Spring within Us: A Book of Daily Meditations (Albuquerque, NM: CAC Publishing, 2016), 39.

Julian of Norwich, Revelations of Divine Love, chapters 9, 65, 51. Excerpts taken by Richard Rohr with minor changes made to incorporate inclusive language

SPIRITUAL EXERCISES TO DO AT HOME:

MINDFUL EATING

1. Sit down at a table, free from any external distractions. Before you even pick up the food to eat, take a couple of deep breaths -- in through the nose and out through the mouth -- to allow the body and mind to settle.
2. Next, take a moment to appreciate the food. Where has it come from? What country? Was it grown or was it manufactured? Try to imagine the different ingredients in their natural growing environment and even the types of people who would have been looking after the crops or animals.
3. Next, take a moment to appreciate the fact that you actually have food on your plate. We're so familiar with this situation that we forget that for many people in the world, this just isn't the case. A deep sense of appreciation and gratitude is at the heart of any stable mindfulness practice.
4. Notice the texture as you pick it up, the temperature, and perhaps the color(s). take the time to notice the colors on the plate. You might find it more effective to hold your fork or spoon in your non-dominant hand.
6. As you move the food toward your mouth, shift the focus away from the hands and more toward the eyes, nose and mouth. How does the food smell? What does it look like up close? And, as you put it in your mouth, what is the taste, the texture, the temperature? You don't need to 'do' anything. You're simply observing the different bodily senses at work.
7. In addition to the physical senses, notice how the mind responds to the food. For example, is the food met with pleasure or displeasure in your mind? Perhaps it's too hot, too cold, too sweet or too sour., take the time to chew the food fully. Not only is this a healthier way of eating, but it will allow you the time to taste and appreciate all the different flavors.
8. Once you've taken a few mouthfuls, you may find that the mind starts to wander off into thinking about something else. This is quite normal and nothing to worry about. gently bring your attention back to the process of eating, and the different tastes, smells, textures, sights and sounds.
9. Before jumping up to get on with the next thing you have planned, try staying present for a moment or two. Give thanks to God for all the abundance in your life before you finish this exercise.

THE 12 STEPS OF MEDITATION

Breathe deeply as you practice the 12 steps.

1. Thou are God, in Whom I have put my trust.
2. Thy Presence is everywhere.
3. Thy Providence surrounds me in Thee I live and move and have my being.
4. Thy Presence is within me, strengthening, inspiring, healing and perfecting me.
5. Thy Presence banishes fear and worry and anxiety.
6. Thy Presence gives me strength for all my needs.
7. Thy Presence gives me confidence and courage in every situation.
8. Thy Presence drives out resentment and hatred, and subdues anger.
9. The inspiration of Thy Presence gives me understanding that I may have clearness of vision, steadfastness of thought, and trueness of speech.
10. Thy Presence enables me to overcome evil and disease in all forms.
11. Nothing can separate me from Thy Presence.
12. Praise be to thee, O Lord, Who giveth me the Victory; through Jesus Christ, my Savior.

ALL SAINTS EPISCOPAL CHURCH

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