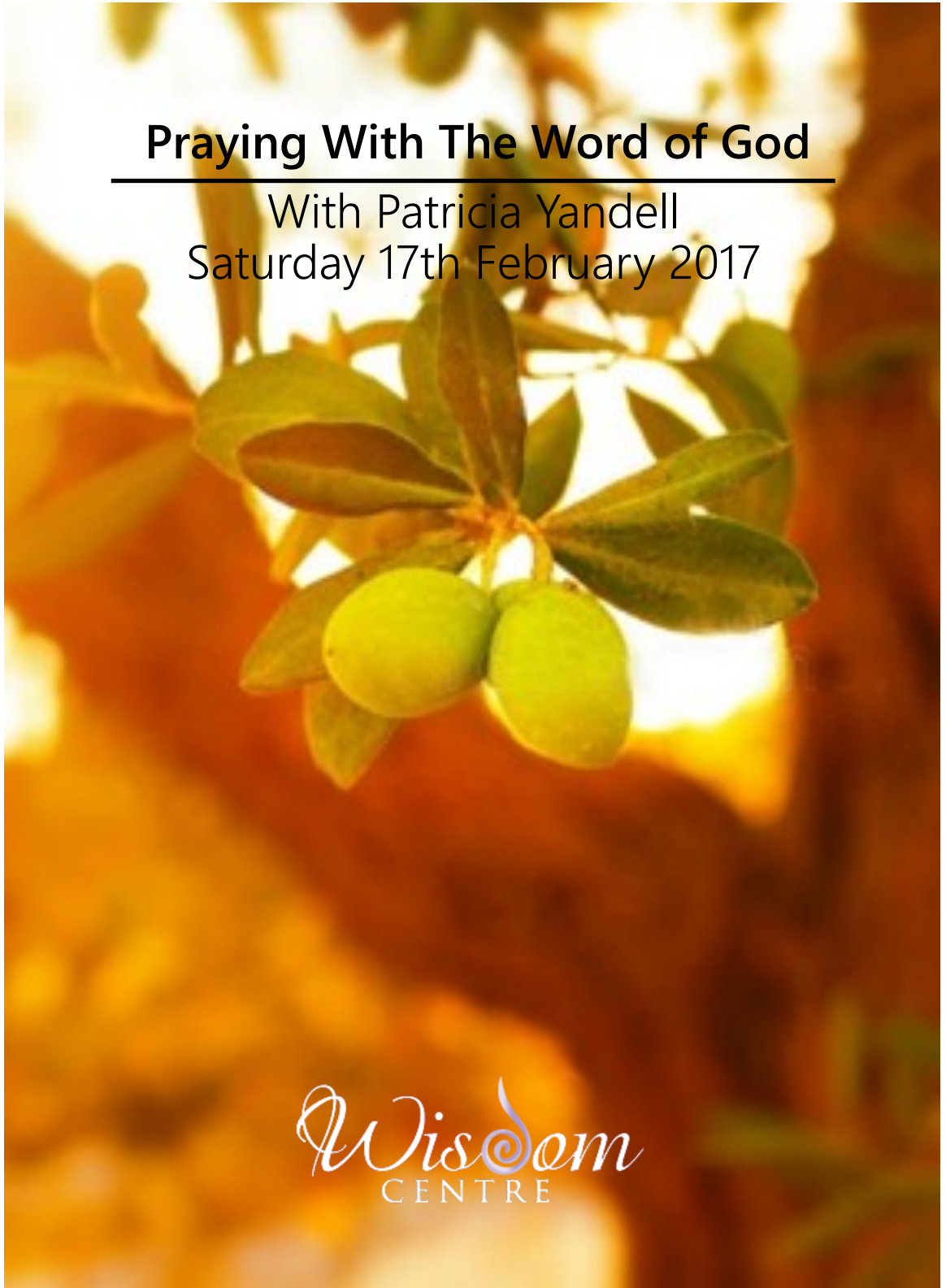

Praying With The Word of God
With Patricia Yandell
Saturday 17th February 2017
Wisdom
CENTRE

At Wisdom Centre we create space for people … space to meet, space to reflect, space to talk, space to simply be. At the heart of this is hospitality rooted in the tradition and spirit of the Daughters of Wisdom. Our flame logo gives expression to these roots: the warmth of hospitality, the fire of the Spirit, the spiral path to Wisdom



Wisdom Centre is set amongst beautiful gardens, including a labyrinth garden which you are welcome to enjoy at any time.

The Centre offers a prayer room, reflective areas and modern function rooms ideal for conferences, meetings, workshops, away-days, training activities and therapy sessions. Good quality catering is provided. Some accommodation is available.

Wisdom Centre is a ministry of the Daughters of Wisdom (an international congregation of Religious Women). Wisdom Centre welcomes people from all walks of life who want to step back from the many pressures of their daily routine and environment and spend time in a tranquil setting.

Welcome and Introductions 10.00 - 10.15

Facilitator: Patricia Yandell

Patricia Yandell is a lay missionary with the Verbum Dei Family, a Catholic convert with strong links with the local Anglican community. The Verbum Dei Fraternity is an Institute of Consecrated life in the Catholic Church. Their spirituality is based on the belief that through praying with the Word of God, He invites us to talk to Him face to face.

Housekeeping

Toilets are at the end of the building to the left of reception. The facilitator will show you fire escapes should an emergency arise.

Refreshments will be available during the breaks and throughout the day.

Lunch is at 12.30 in the dining room. If you have any allergies you haven't mentioned on your booking form, please let us know.

The space today is for people of all faiths and none. For some today may be part of their faith journey, for others mindfulness or spirituality in a creative context. All are honoured and respected equally.

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Morning Session One 10.15 - 10.30

Behold the Beauty of the Lord—Lectio Divina

This session also includes the opportunity for Silent meditation using the Lectio Divina technique, personal prayer, prayerful walking or craft time until 11.15

Lectio Divina

Lectio divina may follow this pattern:

-Lectio: After the reading of the passage of scripture, focus on a phrase or word from the text.

Meditatio: Reflect and ponder on that word or phrase.

Oratio: What is God saying to me and what is my response

Contemplatio: Rest in the presence of God.

Lectio Divina is not bible study it is a way of allowing God to speak his personal word to us through His Word. Under the heading meditatio ask yourself and God why a particular word or phrase is resonating so strongly. Ask God what He is saying to you.

Some people find it helpful to write the word down and then without taking their pen off the page go on writing. It is a way of uncovering our inner thoughts/desires towards God.

Psalm 27:1-5

The Lord is my light and my salvation; whom shall I fear?
The Lord is the stronghold of my life; of whom shall I be afraid?
When evildoers assail me to devour my flesh—
my adversaries and foes— they shall stumble and fall.
Though an army encamp against me, my heart shall not fear;
though war rise up against me, yet I will be confident.
One thing I asked of the Lord, that will I seek after:
to live in the house of the Lord all the days of my life,
to behold the beauty of the Lord, and to inquire in his temple.
For he will hide me in his shelter in the day of trouble;
he will conceal me under the cover of his tent;
he will set me high on a rock.

Psalm 27:8

"Come," my heart says, "seek his face!"
Your face, Lord, do I seek.

Psalm 27:11

Teach me your way, O Lord, and lead me on a level path
because of my enemies.

Psalm 27:13-14

I believe that I shall see the goodness of the Lord
in the land of the living.
Wait for the Lord; be strong, and let your heart take courage;
wait for the Lord!

Psalm 27:4

"One thing I ask of the Lord, this will I seek after
to live in the house of the Lord all the days of my
life, and to behold the beauty of the Lord and to seek Him
in His temple"

Psalm 103:1

This is only possible through love;
Without love it is not possible.
Love for Jesus.....nothing else.
To "above all prefer Christ",
my lover and my Lord.

To seek to never leave Your presence through sin
or to forget you in the busyness.

Psalm 103:1

"Bless the Lord, Oh my soul, and forget not all His benefits"

Session Two: 11.15 - 11.30
Imaginative Prayer

This session is followed by Meditation until 12.30



John 13:3-26 (The Passion version)abr.

Now Jesus was fully aware that the Father had placed all things under his control, for he had come from God and was about to go back to be with him. So he got up from the meal and took off his outer robe, and took a towel and wrapped it around his waist. Then he poured water into a basin and began to wash the disciples' dirty feet and dry them with his towel. But when Jesus got to Simon Peter, he objected and said, "I can't let you wash my dirty feet—you're my Lord!" Jesus replied, "You don't understand yet the meaning of what I'm doing, but soon it will be clear to you." Peter looked at Jesus and said, "You'll never wash my dirty feet—never!" "But Peter, if you don't allow me to wash your feet," Jesus responded, "then you will not be able to share life with me." So Peter said, "Lord, in that case, don't just wash my feet, wash my hands and my head too!"
Jesus said to him, "You are already clean. You've been washed completely and you just need your feet to be cleansed—but that can't be said of all of you." For Jesus knew which one was about to betray him, and that's why he told them that not all of them were clean.

After washing their feet, he put his robe on and returned to his place at the table. "Do you understand what I just did?" Jesus said. "You've called me your teacher and lord, and you're right, for that's who I am. So if I'm your teacher and lord and have just washed your dirty feet, then you should follow the example that I've set for you and wash one another's dirty feet. Now do for each other what I have just done for you. I speak to you timeless truth: a servant is not superior to his master, and an apostle is never greater than the one who sent him. So now put into practice what I have done for you, and you will experience a life of happiness enriched with untold blessings!".....

"It's about the restoration of man, not getting more Christians " Roland Walls

"The beloved disciple is invited to lean back on the shoulder of Christ, as Christ rests in the bosom of the Father. All is given – sheer gift. But unless you do that, prayer can look like another activity." Roland Walls

"Those who lean on Jesus' breast hear God's heart beat"
Ronald Walls

…….Then Jesus was moved deeply in his spirit. Looking at his disciples, he announced, "I tell you the truth—one of you is about to betray me." Eyeing each other, his disciples puzzled over which one of them could do such a thing. The disciple that Jesus dearly loved was at the right of him at the table and was leaning his head on Jesus. Peter gestured to this disciple to ask Jesus who it was he was referring to. Then the dearly loved disciple leaned into Jesus' chest and whispered, "Master, who is it?" "The one I give this piece of bread to after I've dipped it in the bowl, "Jesus replied. Then he dipped the piece of bread into the bowl and handed it to Judas Iscariot, the son of Simon.

As you read this passage ask yourself the following questions:
Where are you in this scene?
Are you one of the party or just observing from outside?
Is the weather hot, cold, wet …….
How are you feeling? Does any part of the passage make you feel uncomfortable? Why?

Through your reactions to this passage, what is God trying to say to you?

Sit with Me,
listen to their stories.

Sit with them,
so that My heart for them
is your heart to.
So sit with them.

Take Me as your pattern,
make My mind your own;
exchange your life for
My life in you.....and come.
Come to the place
of the bruised and the broken,
the tired and the more than weary
and walk with them.
PMCY 8.10.15

1 Kings 19:3-15

….....But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God. At that place he came to a cave, and spent the night there.

Then the word of the Lord came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

He said: "*Go out and stand on the mountain before the Lord, for the Lord is about to pass by.'' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.*

Lunch 12.30 – 1.30

Enjoy a simple lunch of homemade Soup, bread and cheese followed by fresh fruit in our dining room

Session Three: Creative Prayer 1.30 - 3.30

This session is followed by time for personal meditation and creative time.



When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, “What are you doing here, Elijah?” He answered, “I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.” Then the Lord said to him, “Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. …….....

Traditionally the 40 days of Lent equate with the 40 years Moses and the Hebrews spent travelling to the Promised Land, and with the 40 days Jesus spent in the wilderness after His baptism in the

Jordan.....and here we have Elijah also 40 days and nights in the wilderness. This is a very well known story but I would suggest you read it with no presuppositions, let God surprise you.

Is what you read actually happening or are the wind, fire and earthquake all in Elijah's head as he struggles with his emotions. Does Elijah put his mantle round himself or is it put round him by God in an act of compassion? Is the journey of life becoming too much for you? Do you need feeding?

What do you see as you read it? And more importantly what is God saying to you....

What is the word that stands out? Or are you Elijah....weary and past hunger or stood with God on that raw, wild mountain.....

Surprisingly wildernesses are positive places; places where things happen – where change can come about.

This afternoon is possibly a time to combine lectio divina, imaginative prayer, walking outside and painting or drawing to try to express what God is saying to you.

"I am about to do a new thing; now it springs up, do you not perceive it? I will make a way in the wilderness and rivers in the desert." Isaiah 43:19

Like Elijah I have come to the mountain to
meet you, my God in a powerful way; but in the
silence
you have wrapped me in Your cloak
like I was a hurt abandoned child –
and that is so what I feel like sometimes.
You say to me, "I know your hurt,
I know your pain.
Let My love enfold you and

give you wholeness - bring you shalom.
My love covers you - It is your protection.
My love envelops you, warming your heart back to life.
My love is the rock on which you stand
so you do not fall.
Allow My love to do its work, like a
poultice pulling out the bad, cleansing the wound.
Never forget you are forever
in the circle of my Love.

pmcy August 2010

Last Pages—Songs

Bless the Lord my soul,
And bless His holy name
Bless the Lord my soul
Who leads me into light.

It is He who forgives all your guilt,
who heals everyone of your ills,
Who redeems your life from the grave
Who crowns you with love and compassion.

The Lord is compassion and love,
slow to anger and rich in mercy
He does not treat us according to our sins
Nor repay us according to our faults.

— Taize —

Be still, for the presence of the Lord, the holy One, is here
Come bow before him now with reverence and fear
In him no sin is found we stand on holy ground
Be still, for the presence of the Lord, the holy One, is here

Be still, for the glory of the Lord is shining all around
He burns with holy fire, with splendour he is crowned
How awesome is the sight our radiant king of light
Be still, for the glory of the Lord is shining all around

Be still, for the power of the Lord is moving in this place
He comes to cleanse and heal, to minister his grace
No work too hard for Him, in faith receive from him
Be still, for the power of the Lord is moving in this place

— David Evans —

Brother, sister, let me serve you,
let me be as Christ to you;
pray that I may have the grace to
let you be my servant too.

We are pilgrims on a journey,
and companions on the road;
we are here to help each other
walk the mile and bear the load.

I will hold the Christ-light for you
in the night-time of your fear;
I will hold my hand out to you,
speak the peace you long to hear.

I will weep when you are weeping;
when you laugh I'll laugh with you;
I will share your joy and sorrow
till we've seen this journey through.

when we sing to God in heaven
shall find such harmony,
born of all we've known together
of Christ's love and agony.

Brother, sister, let me serve you,
let me be as Christ to you;
pray that I may have the grace to
let you be my servant too.

— Richard Gallar —

Final Meditation using our own work—and sharing

There is no need to share if you don't want to.

Tea and Cake 3.30 pm then Home

Labyrinth Meditation Enjoy any Time

If the Labyrinth is not your thing you may prefer to take a walk over to Romsey Abbey or the nearby Romsey Memorial Park. There are also lots of gardens and outside seating areas at Wisdom Centre.

Pages for Personal Notes

