

# MINDFUL MOVEMENT & PRAYER

FACILITATED BY NORA BLUMENSTEIN

Gathering Prayer: A Blessing for Presence (John O'Donohue)

Awaken to the mystery of being here  
and enter the quiet immensity of your own presence.  
Have joy and peace in the temple of your senses.  
Receive encouragement when new frontiers beckon.  
Respond to the call of your gift and the courage to follow its path.  
Let the flame of anger free you of all falsity.  
May warmth of heart keep your presence aflame.  
May anxiety never linger about you.  
May your outer dignity mirror an inner dignity of soul.  
Take time to celebrate the quiet miracles that seek no attention.  
Be consoled in the secret symmetry of your soul.  
May you experience each day as a sacred gift woven around the heart of wonder.

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From Joseph Tetlow, SJ (Hearts on Fire: Praying with Jesuits)

Oh, Lord my God, You called me from the sleep of nothingness merely because in your tremendous love you want to make good and beautiful beings. You have called me by my name in my mother's womb. You have given me breath and light and movement and walked with me every moment of my existence. I am amazed, Lord God of the universe, that you attend to me and, more, cherish me. Create in me the faithfulness that moves you, and I will trust you and yearn for you all my days. Amen.

From Joseph Tetlow, SJ (Preparation Days)

My whole life and self are God's work of art. God chose to accomplish this.

(Ephesians 2:1-10)

God creates me more surely than a potter creates a pot. God makes my shape and even my clay. (Isaiah 45: 7-13)

God, you made me in my mother's womb and create my inmost self. (Psalm 139)

You are precious in my eyes and I love you. (Isaiah 43: 1-7)

From Joseph Tetlow, SJ (Choosing Christ in the World)

Consider first that God the Lord creates all things at every moment. We tend to focus on "the Big Bang" at the very beginning, or on evolving life. But God continues to create at each moment. Even as we grow and mature, God continues creating me out of nothing, momentarily. God's passionately creative love burns at the core of my self, my Origin. God creates me in the concrete, not in general. God chose my time and place, my parents, my gifts. God keeps shaping my humanness and my personhood and myself. God creates "out of love," which means that God wants to share God's love, to have others to love and to be loved by. I am intelligent and free so that I can love, as God my Maker loves. In calling me to live my special qualities and characteristics, God planted deep in my self an original purpose—the concrete expression of God's hopes in and for me. My life is to discover in myself that original purpose—what my concrete self "adds up to"—and to live it out. If I grow to be the person God has been hoping I would become, I manifest God's power at work, God's glory. For the glory of God is a human person fully alive. If I know who God is and who I am, and live out that knowledge, I will praise God in the morning and thank God in the night, and intend to fulfill God's hopes for myself and for my life world.

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Journal Prompt 1: What is resonating? Why?

St. Therese Prayer (Minnie Louise Haskins)

May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.

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Journal Prompt 2: What came up for you during movement/rest? Were you able to release/let go of anything? Call in graces?Where might you find God? (examining outer physical movements and inner movements: thoughts, feelings, desires)

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Journal Prompt 3: What came up during your conversation with God?Did anything comfort you or surprise you during the meditation?Who is God calling you to be right now?

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Closing Prayer: A Franciscan Blessing

May God bless you with discomfort, at easy answers, half-truths, and superficial relationships so that you may live deep within your heart. May God bless you with anger at injustice, oppression, and exploitation of people so that you may work for justice, freedom and peace. May God bless you with tears to shed for those who suffer pain, rejection, hunger and war, so that you may reach out your hand to comfort them and to turn their pain to joy. And may God bless you with enough foolishness to believe that you can make a difference in the world, so that you can do what others claim cannot be done to bring justice and kindness to those who are suffering. Amen.