

## **Julian Meeting Monday 14<sup>th</sup> December 2020 at 7.20 – 8.05pm**

Another month has flown by and next Monday is the 2<sup>nd</sup> of the month, our Julian meeting evening so I offer another chance for us to join together in prayer at the same time.

### **Meeting**

We gather at 7.20pm to light a candle and settle ourselves to pray, sitting upright with both feet on the floor. We circle our shoulders and neck to release tension, take a few deep breaths and settle ourselves ready to pray in contemplation.

*‘Come Holy Spirit, fill the hearts of your faithful people and kindle in us the fire of your love. Send forth your Spirit and we will be created, and you will renew the face of the earth.’*

The reading I have chosen for tonight is from a little book called *‘The Wisdom of Saint Ignatius Loyola’* compiled by Margaret Silf (Lion publishing 1999). It is an excerpt from the Spiritual Exercises Number 60 and is entitled:

### **How Can I Respond?**

“I look at my world. Everything cooperates to continue to give me life and strength. I look at the whole support system of air and water, warmth and coolness, light and darkness, all the produce of the earth, all the works of human hands – everything contributes to my well-being.

I think of the people who have prayed for me and love me. The whole communion of saints has interest in my salvation and actively works to try to help me.

How can I respond to a God so good to me and surrounding me with the goodness of Holy men and women and all the wonderful gifts of creation: All I can do is give thanks, wondering at God’s forgiving love, which continues to give me life up to this moment”.

As I read this I thought of the last verse of a favourite carol:

‘What can I give him,  
poor as I am.  
If I were a shepherd

I would bring a lamb;  
if I were a wise man  
I would do my part,  
yet what I can I give him:  
give my heart”.

Half an hour of prayerful silent contemplation.....

**Collect for the 3<sup>rd</sup> Sunday of Advent**

O Lord Jesus Christ,  
who at your first coming sent your messenger  
to prepare your way before you:  
grant that the ministers and stewards of your mysteries  
may likewise so prepare and make ready your way  
by turning the hearts of the disobedient  
to the wisdom of the just,  
that at your second coming to judge the world  
we may be found an acceptable people in your sight;  
for you are alive and reign with the Father  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen.

Let us pray with confidence as our Saviour has taught us.  
Our Father.....

We say ‘The Grace’  
**Amen.**

Sadly, I cannot offer you the usual December mince pie and mulled wine but maybe  
you can treat yourself!  
You might like to listen to ‘In the Bleak Midwinter’ on Utube or the like?

Thank you for this time to ‘togetherness’ in isolation!

With love and every blessing for a Happy Christmas and lots of vaccine in 2021!  
Sue