



*Pray inwardly  
even if you do not enjoy it.  
It does good,  
though you feel nothing.  
Yes, even though you think  
you are doing nothing.  
...Prayer oneth us to God.*

*—Julian of Norwich*

## **FIFTH SUNDAY IN EASTER 10 May 2020**

**Note:** *It might be helpful to read the “Going Deeper” section first about how to meditate. Then, following the reflection, you can flow more seamlessly into a time of meditation.*

### **Invitation to Prayer — Psalm 31**

My times are in your hand, O God;  
raise me up from my anxieties and hopelessness.  
Let your face shine on me;  
bring me to life through your steadfast love.

### **Gathering Prayer**

Ground of Being:  
you are the primordial Kiss that welcomes us into the world,  
the Friend that companions us throughout our lives,  
our Dwelling Place now and forevermore.  
In you alone do we find rest and peace.

Come in these moments of worship.  
Move within and around me  
like air, like breath.  
Make yourself known  
in words and silence,  
in the memories that surface,  
the suffering we’ve endured together,  
the gratitude that swells the heart.  
Amen.

**Glossary from original Greek that may illuminate your reading**

dwelling place/dwell — less a physical reality than a state of being; *oneth* with God as Julian of Norwich says

I go/I come — not an action like “I go to the shop,” but an ontological transition, the journey from one state of being to another; tense used in Gospel reflects an ongoing action

the way — not a literal path or direction but a mode and means

know — literally “to see” but used metaphorically in the Gospel to refer to insight and spiritual understanding as when we say “I see what you mean”

"Do not let your hearts be troubled. You believe in God, believe also in me. In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going."

Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him."

Philip said to him, "Lord, show us the Father, and we will be satisfied." Jesus said to him, "Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves.

"Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it."

- When have you had the sense recently that God is dwelling with you? As you reflect on the experience now, what were you doing? What do you think enabled you to receive and notice this encounter?
- What does it mean for you right now to live the way of Jesus? What are the challenges? What are the gifts?

## Reflections in Solitude

*You might choose to read the reflection followed by a time of silent meditation.*

### Going Deeper

Prayer in its many and varied forms is the most significant way we dwell with God. One form of prayer that focuses completely on union is meditation or centring prayer. Meditation is a kind of wordless prayer, an abiding with the divine beyond thought and sensation. In order to reap the greatest fruits, most recommend meditating twice a day for twenty to thirty minutes. You might want to observe a time of meditation as part of your worship.



“Meditation is a way of simplicity, silence and stillness. It can be practiced by anyone, wherever you are on your life’s journey. It is only necessary to be clear about the practice and then to begin — and to keep on beginning.”

—World Community  
for Christian Meditation

“The all-important aim in meditation is to allow God’s mysterious and silent presence within us to become more and more not only a reality, but the reality in our lives; to let it become that reality which gives meaning, shape and purpose to everything we do, to everything we are.”

— John Main, OSB

### **How to meditate** — from the World Community for Christian Meditation

Sit with your back straight and your feet on the floor. Close your eyes lightly.

Then interiorly, silently begin to recite a single word — a prayer word or mantra. We recommend the ancient Christian prayer-word “Maranatha.” Say it as four equal syllables: Ma – ra – na – tha. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and — above all — simply.

Let go of all thoughts (even good thoughts), images, sensations and other words as they arise. Don’t fight your distractions: let them go by saying your word faithfully, gently and attentively, returning to it with intention when your attention wanders.

## Prayers of Intercession

*“Never pray in a room without windows.”*

*—The Jewish Talmud*

Creator of All, we gaze intention on your world and the community in which we live. Through stillness and prayer, we have become aware once again of our great desire for harmony, love, justice, and peace. Please hear us as we pray: *May your loving spirit dwell in us.*

We hold before you our concerns for the pandemic that continues to bring illness and dis-ease around the world. Impart your wisdom and compassion on scientists, doctors and nurses, and leaders of nations. Release us from our fear that we may embody your love and peace.

*May your loving spirit dwell in us.*

Amidst the mean and demeaning voices that resound, we pray for greater mutuality and care. Give us your vision of health and balance in diversity, of communities where every person matters and belongs, of your Spirit alive and breathing through creation.

*May your loving spirit dwell in us.*

We hear Jesus say, “I am the way, the truth and the life.” May his way become our way—the slow, steady transformation into Christ-likeness through you at work in our prayer and self-giving love. *May your loving spirit dwell in us.*

## Disciples’ Prayer

Our Father in heaven, hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.

Give us today our daily bread.

Forgive us our sins  
as we forgive those who sin against us.

Save us from the time of trial  
and deliver us from evil.

For the kingdom, the power and the glory are yours,  
now and forever. Amen.

## Blessing

May the beauty of the divine life fill us,  
and the hearts of all who pray, with joyful hope.  
May we go forth to dwell in your spirit of love.

The love of God, the grace of Jesus Christ and the communion of the Spirit be with us all.