

APPENDIX 2

LITURGY BOOKLET



The World Community for Christian Meditation (Country)

**The School of Meditation
ESSENTIAL TEACHING WEEKEND**



THE WEEKEND PROGRAMME 00

FRIDAY LITURGY

- Evening Meditation 00
- Night Prayer 00

SATURDAY LITURGY

- Morning Prayer 00
- Midday Prayer 00
- Evening Prayer 00
- Night Prayer 00

SUNDAY LITURGY

- Morning Prayer 00
- Liturgy of the Word 00
- Prayer of The World Community
for Christian Meditation 00

THE WEEKEND PROGRAMME

Insert the Timetable (Sample on p. 61)

~ Friday Liturgy ~

FRIDAY EVENING MEDITATION

SCRIPTURE (2 Tim 1:6-8, 13-14)

That is why I am reminding you now to fan into a flame the gift that God gave you when I laid my hands on you. God's gift was not a spirit of timidity, but the Spirit of power, and love, and self-control. Keep as your pattern the sound teaching you have heard from me, in the faith and love that are in Christ Jesus. You have been trusted to look after something precious; guard it with the help of the Holy Spirit who lives in us.

OPENING PRAYER

ALL: *Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call. Maranatha. Come, Lord Jesus.*

MEDITATION

READING

Meditation is practised in solitude but it is the great way to learn to be in relationship. The reason for this paradox is that, having contacted our own reality, we have the existential confidence to go out to others, to meet them at their real level; and so the solitary element in meditation is mysteriously the true antidote to loneliness. Having contacted our conformity with reality, we are no longer threatened by the otherness of others. We are not always looking for affirmation of ourselves. We are making love's search, looking for the reality of the other. In the

experience of encountering the reality of the other, we discover our own existence enriched and deepened. (John Main, *The Heart of Creation*)

Friday Night Prayer with Meditation

LEADER: *O God come to my assistance*

ALL: *O Lord make haste to help us*

ALL: *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen*

PSALM (Ps 134)

Bless the Lord,
all who serve in God's house
who stand watch
throughout the night.

ALL: *Lift up your hands
in the holy place
and bless the Lord.*

And may God
the maker of earth and sky
bless you from Zion.

ALL: *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

SCRIPTURE: (Eph 5:1-2)

Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

OPENING PRAYER

ALL: *Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call. Maranatha. Come, Lord Jesus.*

MEDITATION

READING

Only when we live in and from love do we know that miraculous harmony and integration of our whole being which makes us fully human. (John Main, *Monastery without Walls*)

INTERCESSIONS

Loving God we ask you to bless each one of us participating in this Essential Teaching Weekend. May we be open to the work of the Holy Spirit within us, so that our teaching of meditation will be authentic and assist others to experience your love dwelling in their hearts.

ALL: *Lord hear our prayer.*

God of peace we pray for peace and justice in our world. Teach us to be living witnesses to your peace and justice.

ALL: *Lord hear our prayer.*

God of mercy we ask you to bless all those who are tonight living in pain, fear or loneliness. May they know the mercy and compassion of your embrace and receive the grace of healing and wholeness.

ALL: *Lord hear our prayer.*

ALL: *Grant that your servants may sleep in peace, that rejoicing in the light of a new day we may rise to praise your name.*

Go in silence overnight.

~ SATURDAY LITURGY ~

Saturday Morning Prayer with Meditation

LEADER: *O God come to my assistance*

ALL: *O Lord make haste to help us*

ALL: *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen*

PSALM (Ps 8)

Lord our God,
the whole world tells
the greatness of your name.
Your glory reaches
beyond *the* stars.

ALL: *Even the babble of infants
declares your strength,
your power to halt
the enemy and avenger.
I see your handiwork
in the heavens;
the moon and the stars
you set in place.*

ALL: *What is humankind
that you remember them,
the human race
that you care for them?
You treat them like gods,
dressing them in glory and splendour.
You give them charge of the earth,
laying all at their feet;*

ALL: *Cattle and sheep,
wild beasts,
birds of the sky,
fish of the sea,
every swimming creature.*

Lord our God,
the whole world tells
the greatness of your name.

ALL: *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

GOSPEL OF THE DAY

OPENING PRAYER

ALL: *Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call. Maranatha. Come, Lord Jesus.*

MEDITATION

READING

Meditation is the practice of contemplation. In daily life it develops our spiritual senses. It allows us to see the difference between needs and desires, to smell out reality from illusion, to feel the difference between the gravity of spirit which is love and the gravity of ego which is fear. The aim of daily meditation is simply to allow this sense of reality to become the standard way of seeing and responding to life. Attention can only lead to this if it is sustained. This fidelity is what the mantra teaches interiorly and what community shows externally. Without perseverance faith is merely good intention. 'It is your faith that has healed you', Jesus says. Faith lived in meditation is the energy of pure consciousness, the momentum of reality. (Laurence Freeman, Newsletter, May 2004)

THE LORD'S PRAYER

BLESSING

ALL: *May the Lord bless us, protect us from all evil and bring us to everlasting life.
Amen.*

Saturday Midday Meditation

READING

Before all things however we ought most carefully to observe the Gospel teaching which tells us to enter into our room and shut the door and pray to our Father, which may be fulfilled by us as follows: we pray within our room, when removing our hearts inwardly from the din of all thoughts and anxieties, we disclose our prayer in secret and in close communion with the Lord. We pray with closed doors when with closed lips and complete silence we pray for the searcher not of words but of hearts. (John Cassian, *Conference IX*)

OPENING PRAYER

ALL: *Heavenly Father, open our hearts to the silent presence of the spirit of your Son.
Lead us into that mysterious silence where your love is revealed to all who call.
Maranatha. Come, Lord Jesus.*

MEDITATION

READING

In meditation we come to realise that we know as a consequence of being known...we are entering into the basic relationship of our life. God, our Creator and our Father, calls us into an intimacy with him that arises because God first knows and loves us. And, in this act of knowing and loving us, God invites us to come into a relationship of knowing and loving him. (John Main, *The Way of Unknowing*)

Saturday Evening Meditation

SCRIPTURE (1 Jn 3:16-18)

We ourselves have known and put our faith in God's love towards ourselves. God is love and anyone who lives in love lives in God, and God lives in him. Love will come to its perfection in us when we can face the day of Judgement without fear; because even in this world we have become as he is. In love there can be no fear, but fear is driven out by perfect love.

OPENING PRAYER

ALL: *Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call. Maranatha. Come, Lord Jesus.*

MEDITATION

READING

The poverty of meditation makes us aware of how much the ego fears God, the one reality we need have no fear of. God is love and, as St John tells us, perfect love casts out all fear. By returning to the same threshold over and over again in the daily practice of meditation we learn to allow this love to exorcise fear and to educate us about the real meaning of union with God. The poverty of the mantra teaches us that in this nothingness is everything we want. In this nowhere we are in the centre of reality and so we are everywhere. (Laurence Freeman, *Jesus the Teacher Within*)

Saturday Night Prayer with Meditation

LEADER: *O God come to my assistance*

ALL: *O Lord make haste to help us*

ALL: *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen*

PSALM (Ps138)

I thank you, Lord, with all my heart,
You have heard the words of my mouth.
In the presence of the angels I will bless you.
I will adore before your holy temple.

I thank you for your faithfulness and love
which excel all we ever knew of you.
On the day I called, you answered;
you increased the strength of my soul.

All the rulers on earth shall thank you
when they hear the words of your mouth.
They shall sing of the Lord's ways:
'How great is the glory of the Lord.'

You stretch out your hand and save me,
your hand will do all things for me.
Your love, O Lord, is eternal,
discard not the work of your hands.

ALL: *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

SCRIPTURE: (Eph. 1:17-20)

May the God of our Lord Jesus Christ, the glorious Father, give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.

OPENING PRAYER

ALL: *Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call. Maranatha. Come, Lord Jesus.*

MEDITATION

READING

By the power of silence meditation turns us to the egoless communion at the heart of our self-conscious 'relationship' with God. In that turning we abandon the ego in detachment of selflessness. We learn thereby the true nature of freedom. We learn to let go of relationships with God even as we form them. This is the practical wisdom that accompanies the grace of living in the present moment. We even let go of our relationship with God by not seeking to possess God. We learn to say the mantra. We lose relationship in order to find communion. (Laurence Freeman, *The Selfless Self*)

INTERCESSIONS

We bring to God someone in our family for whom we want to pray.
(Pause)

ALL: *O Lord hear my prayer.*

We bring to God someone who is hurting tonight and needs our prayer.
(Pause)

ALL: *O Lord hear my prayer.*

We bring to God a troubled situation in our world tonight. (Pause)

ALL: *O Lord hear my prayer.*

We bring to God silently, someone whom we find hard to forgive or trust. (Pause)

ALL: *O Lord hear my prayer.*

We bring to God Fr Laurence. May the Spirit continue to guide and bless him in his work of teaching. (Pause)

ALL: *O Lord hear my prayer.*

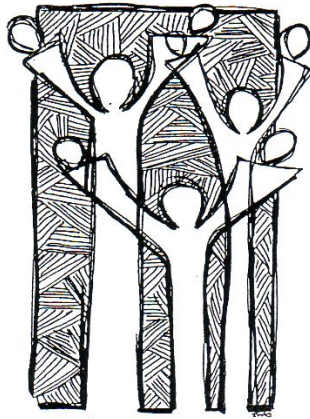
We bring ourselves to God. May we find His loving healing presence deep within us in the silence of our meditation. (Pause)

ALL: *O Lord hear my prayer.*

Go, and know that the Lord goes with you: let him lead you each day into the quiet place of your heart, where he will speak with you; know that he loves you and watches over you, that he listens to you in gentle understanding, that he is with you always, wherever you are and however you may feel.

ALL: *And the blessing of God, Father, Son and Holy Spirit be ours for ever.*

Go in silence overnight.



~ SUNDAY LITURGY ~

Sunday Morning Prayer with Meditation

LEADER: *O God come to my assistance*

ALL: *O Lord make haste to help us*

ALL: *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen*

PSALM (Ps 121)

I lift up my eyes to the mountains:
from where shall come my help?
My help shall come from the Lord
who made heaven and earth.

*Let him sleep not your guard,
No he sleeps not nor slumbers,
Israel's guard.*

The Lord is your guard and your shade;
at your right hand he stands.
By the day the sun shall not smite you
nor the moon in the night.

*The Lord will guard you from evil
he will guard your soul.
He will guard your coming and going
both now and forever.*

ALL: *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

GOSPEL OF THE DAY

OPENING PRAYER

ALL: *Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call. Maranatha. Come, Lord Jesus.*

MEDITATION

READING

Teachers are needed. But teachers cannot be produced for the spiritual pilgrimage of prayer as we can teachers for our schools within two or three years. The teaching involved is not comparable to any other form of teaching or technique of training. It is not a question of taking a course in techniques of prayer or attending seminars on spirituality. The means, context, style and presentation are all in the power of the Lord Jesus, the Teacher within. But the teachers-in-community are in a real sense the channel for this power in the initial stages of growth. What they need is the actual experience and knowledge of being on the pilgrimage themselves and being led thereon by a power within and beyond themselves. It is rather expressed as an absence rather than a *possession*, an unlearning rather than a skill. (John Main, *Community of Love*)

THE LORD'S PRAYER

BLESSING

ALL: *May the Lord bless us, protect us from all evil and bring us to everlasting life. Amen.*

Closing with Liturgy of the Word and Meditation

The grace of our Lord Jesus Christ and the love of God and the friendship of the Holy Spirit be with you all.

ALL: *And also with you.*

PSALM (Ps 134)

Come, bless the Lord, all you servants of the Lord, who stand by night in the house of the Lord!

ALL: *Lift up your hands to the holy place and bless the Lord May the Lord, maker of heaven and earth bless you from Zion.*

CONFESSION

The all-important aim in Christian meditation is to allow God's mysterious and silent presence within us to become more and more not only a reality, but the reality which gives meaning, shape and purpose to everything we do, to *everything* we are. (John Main, *Word into Silence*)

ALL: *We confess before you O Lord and before each other our readiness to ignore your mysterious and silent presence and to rest content in the transitory satisfactions of self-indulgence.*

Lord have mercy.

ALL: *Lord have mercy.*

The wonderful beauty of prayer
is that the opening of our heart
is as natural as the opening of a flower.

To let a flower open and bloom,
it is only necessary to let it be;
so if we simply are,

if we become and remain still and silent,

our heart cannot but be open,

the Spirit cannot but pour through into our whole being.

It is for this that we have been created. (John Main, *Monastery without Walls*)

ALL: *We confess before you O Lord and before each other our frenetic activity and impulsive action which inhibits the blooming of our individuality and stifles our contribution to the well-being of creation.*

Christ have mercy.

ALL: *Christ have mercy.*

In meditation we develop our capacity
to turn our whole being towards the Other.
We learn not to manipulate our neighbours
but rather to reverence them, to wonder at their being.
In other words, we learn to love them.
Because of this, prayer is the great school of community. (John Main,
Word into Silence)

ALL: *We confess before you O Lord and before each other our failure to allow our
neighbours to be what they are and what they can become. Rather, we subtly
desire that they conform to our images of perfection and so restrict the
development of the new community in Christ.*

Lord have mercy.

ALL: *Lord have mercy.*

GOSPEL OF THE SUNDAY

The Gospel of the Sunday will need to be handed out to each participant. If the Gospel is long, a short portion of it may be selected.

SHARED LECTIO DIVINA ON THE GOSPEL

A copy of the Notes on Lectio Divina (p. 100) will need to be handed out to each participant.

OPENING PRAYER

ALL: *Heavenly Father, open our hearts to the silent presence of the spirit of your Son.
Lead us into that mysterious silence where your love is revealed to all who call.
Maranatha. Come, Lord Jesus.*

MEDITATION

INTERCESSIONS

O God, your Spirit is our guiding light and force. We ask you to hear us, as we pray,

ALL: *Fill us with your Spirit.*

For courage and confidence as we share the gift of meditation with others, we pray,

ALL: *Fill us with your Spirit.*

For mercy and compassion in all that we do, we pray,

ALL: *Fill us with your Spirit.*

For humility and gentleness as we approach others, we pray,

ALL: *Fill us with your Spirit.*

For ears to hear and eyes to see, as we seek your will, we pray,

ALL: *Fill us with your Spirit.*

For gratitude and awe as we see the wonder of your presence among us, we pray,

ALL: *Fill us with your Spirit.*

THE LORD'S PRAYER

(Pause)

SCRIPTURE (Eph 3:14-21)

This, then, is what I pray, kneeling before the Father, from whom every family, whether spiritual or natural, takes its name:

Out of his infinite glory, may he give you the power through His Spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then, planted in love and built on love, you will with all the saints have strength to grasp the breadth and the length, the height and the depth; until, knowing the love of Christ, which is beyond all knowledge, you are filled with the utter fullness of God.

ALL: Glory be to him whose power, working in us, can do infinitely more than we can ask or imagine; glory be to him from generation to generation in the Church and in Christ Jesus for ever and ever. Amen.

PRAYER OF THANKSGIVING

Reader:

God our Creator
We thank you
For the gift of our lives
That we exist, oftentimes with difficulty, but also full of joy
That, within living memory, we have touched your heart
And that we are your heaven and earth
You, who have called the stars and determined their number,
You also call each one of your people by name
You know us from afar,
God, both far and near.
You are the light of our eyes
You are the source of our silence
You promise us freedom, life overflowing,
And we keep you to your word.

(Pause)

We thank you for the gift of silence that you have given us.

(Pause)

We thank you for your Presence with us and within us in that silence.

(Pause)

We thank you for the gift you have given us in the teaching of Father John and Father Laurence and all the teachers of the World Community for Christian Meditation.

(Pause)

We thank you for the hope which you continue to pour into our hearts even when we do not know it.

(Pause)

We thank you for our families, friends and communities for the support and care which they give us on our journey.

(Pause)

Reader:

Let us pause and reflect on the weekend and the way in which the Spirit has moved within us and between us in this time.

(Silent reflection – then each person shares one word or one short phrase that expresses their experience of the weekend)

(Pause)

CONCLUDING PRAYER

ALL: *God our Creator*
In your silence there is light
In your silence there is fullness
In your silence there is mercy
In your silence there is grace and blessing
In your silence there is love which surpasses all understanding.

Fill us with your Spirit
So that we may truly serve you,
Through silence and detachment
So that we may speak the truth of love
In love, compassion and wisdom.

CANDLE BLESSING



PRAYER OF THE **WORLD COMMUNITY FOR CHRISTIAN MEDITATION**

May this community
be a true spiritual home for the seeker,
a friend for the lonely,
a guide for the confused.

May those who pray here
be strengthened by the Holy Spirit to serve all who come,
and to receive them as Christ himself.

In the silence of this room
may all the suffering, violence and confusion of the world
encounter the Power that will console,
renew and uplift the human spirit.

May this silence
be a power to open the hearts of men and women
to the vision of God
and so to each other,
in love and peace, justice and human dignity.

May the beauty of the Divine life fill this room
and the hearts of all who pray here
with joyful hope.

May all who come here,
weighed down by the problems of humanity,
leave giving thanks for the wonder of human life.

We make this prayer through Christ our Lord. Amen