

We gather at the Harcourt flame Friday, April 3, 2020



Being aware of Spirit's presence and the reassurance that God is with us always is even more important in these times of uncertainty and challenge. You are invited to take a few minutes to use the Body Prayer to feel God's warm loving light within your whole being. Breathe slowly and deeply as you name each part. Repeat the prayer as many times as you feel called to do so. Rest in the glow of God's unfailing and limitless love.

Body Prayer

God, be in my **mind** so I may think calmly and clearly.

God, be in my **eyes** so I may see gently.

God be in my **ears** so I may listen patiently.

God be in my **voice** so I may speak kindly.

God be in my **heart** so I may love deeply.

God be in my **breath** so I may breathe in your grace.

God be in my **centre** so I may feel your steadying hand.

God be in my **arms, hands and legs** that I be your love in action.

God be in my **feet** so I know I am rooted in your love.