

"Rejoice always. Pray without ceasing ..."  
-1 Thessalonians 5: 16, 17

**Saint Elizabeth Church**  
**Sundays: 7:15-8:15 pm**  
**Centering Prayer (CP) Guide**

**Sunday Meeting**

1. We gather in the front ministry room to start with a prayer. (Refer to Prayers section).
2. A volunteer sets up the timer for 20-minutes. The lights are turned off.
3. After the silent prayer, the group recites the *Our Father* **slowly**.
4. Prayer of Intercessions are offered by anyone in the group.
5. The moderator concludes the prayer session with a final offering prayer.

Monthly Meetings

- First, and Third Sunday:** Book Reading (Refer to the Reading List section)
- Second Sunday:** *Lectio Divina* ([Link](#))
- Fourth Sunday:** Centering Prayer \*Double Session\*
  - Double 20-minute session with meditation walk in between.
  - At the end of the second session, steps 3-5 are followed (see above).
- **Fifth Sunday:** Introduction Session: All are welcome!!

In the events of cancellations, please visit the parish website or contact Maria Botello.

**Reading List**

- *St. John of the Cross for Beginners: A Commentary on The Ascent of Mount Carmel and The Dark Night of the Soul-* William Meninger
- *Open Mind, Open Heart* by Thomas Keating. Note: *This book is used on the 5th Sunday. You are not required to purchase it, but it is highly recommended.*
- *Apostolic Exhortation – Gaudete Et Exsultate of the Holy Father Francis on the Call to Holiness in Today's World* ([Link](#))
- *The Healing of the Unconsciousness* by Muchadh O'madigan
- *Immortal Diamond: The Search for Our True Self* by Richard Rohr

## Resources

- Contemplative Outreach <https://www.contemplativeoutreach.org/>
- The Method of Centering Prayer ([Reference](#))

## Prayers

### **“Do it Anyway” by Saint Mother Theresa**

People are often unreasonable, irrational, and self-centered. *Forgive them anyway.*  
If you are kind, people may accuse you of selfish, ulterior motives. *Be kind anyway.*  
If you are successful, you will win some unfaithful friends and some genuine enemies. *Succeed anyway.*  
If you are honest and sincere people may deceive you. *Be honest and sincere anyway.*  
What you spend years creating, others could destroy overnight. *Create anyway.*  
If you find serenity and happiness, some may be jealous. *Be happy anyway.*  
The good you do today, will often be forgotten. *Do good anyway.*  
Give the best you have, and it will never be enough. *Give your best anyway.*  
In the final analysis, it is between you and God. *It was never between you and them anyway.*

### **“The Welcoming Prayer” by Father Thomas Keating**

Welcome, welcome, welcome.  
I welcome everything that comes to me today  
because I know it's for my healing.  
I welcome all thoughts, feelings, emotions, persons,  
situations, and conditions.  
I let go of my desire for power and control.  
I let go of my desire for affection, esteem,  
approval and pleasure.  
I let go of my desire for survival and security.  
I let go of my desire to change any situation,  
condition, person or myself.  
I open to the love and presence of God and  
God's action within. Amen.

### **“Let Your God Love You” by Edwina Gateley**

Be silent.  
Be still.  
Alone.  
Empty  
Before your God.  
Say nothing.  
Ask nothing.  
Be silent.  
Be still.  
Let your God look upon you.  
That is all.  
God knows.

God understands.  
God loves you  
With an enormous love,  
And only wants  
To look upon you  
With that love.  
Quiet.  
Still.  
Be.

\*-\*

Contact:  
Maria Botello  
[Marbotel3@aol.com](mailto:Marbotel3@aol.com)  
240.994.8721