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## Opportunities

In [this clip](#) Fr Thomas Keating explains more about the Welcome Prayer



Margaret Silf is leading an online retreat on 3<sup>rd</sup> September: The Wisdom Years. A day of prayer and reflection. For details please click [here](#).



Watch [this talk](#) by Rowan Williams on 'Contemplation in the City', where we are introduced to the work of Madeleine Delbrel, who lived the little virtues of humility by 'letting go'.



Matt and Beth Redman wrote this beautiful song during a time of pain and questioning. ['Blessed be your name'](#)



Sue Riddell, spiritual director leads a meditation: ["tunning in"](#)

## Welcome

Welcome, welcome, welcome. (By Thomas Keating)

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.



In many of our parishes, September marks the season of Welcome. We welcome people returning from their extended leave, new people arriving, and we will soon welcome our new Bishop. Hospitality often comes to mind when we think of 'Welcome.'

*"Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it" (Hebrews 13:2)*

*What do you think is the relationship between hospitality and love and how is hospitality an expression of love?*

Being the Lord's 'hands and feet' in our world and offering a hospitable welcome to all throughout our lives, is often challenging. Above is a prayer that may help us in our daily faith journey:

This "Welcoming Prayer" by Thomas Keating is part of the contemplative prayer tradition and is about "Letting Go." (Please note though: this prayer isn't an invitation to accept abuse - physical, mental, or spiritual). When we welcome "what is" and has been in

It means we accept what comes our way, inviting God into the situation. When we "cling" to our desires or when we demand that "things" be different, we are often in danger of attempting to control. When we "let go" and meet God in the reality of what is happening in our lives, we can become freer people and experience God's deeper presence in our lives, which can heal and transforms us.

We are asked throughout our lives to 'welcome' new seasons of change: family dynamics, jobs, and retirement, for example. We know that welcoming isn't always easy. Often in communities and families, there exist deep roots of rivalry and jealousy. It is not always easy for us to share our lives and welcome others openly. Changes in life's circumstances are often very painful to welcome and accept.

### Let Us Pray

*Find a quiet place to pray and be still and silent for 5 minutes. You may like to light a candle and pray the following to help you into this period of stillness and silence with God:*

**'Oh Lord, You know my heart better than I know it myself. You know my struggles and hold each hope and fear in Your caring hands. Teach me, LORD, to be still and to know that You are God.'**

*Slowly pray the welcoming prayer a couple of times. 'Welcome' and acknowledge what you are experiencing now – the questions, emotions, and fears naming them before God and asking Him to meet you in all you are going through. Now 'let go' by praying:*

**'Lord, I let go of my desire for security, affection, control and embrace this moment as it is.'**

*End your time of prayer by praying the Lord's prayer.*