

## The Spiritual Practice of Sharing in Circles of Trust Preparation for Reflection #1

### The Blessing

May you delight  
in your inner being,  
as the place where  
your creativity flows.

May you be content to stand at the edge –  
you'll see more from there.

Protect your ears,  
give them time to hear  
what really matters.

The silence,  
the whispers,  
the roars.

And the still small voice inside.

Seek the peace of stillness,  
where the clamor of other voices  
are muted,  
and you hear your own voice with clarity.

May you embrace the mystery  
of your presence,  
the essence of who you are  
which cannot be boxed or labeled.  
Here is where your identity resides.  
And may you be satisfied  
as you pick up the mantle  
of your unique role  
in the ongoing creation of the world,  
because only you can do this.

Go well – for it is time to cross this threshold.

*Sue Heatherington (A Blessing for a Creative Soul, adapted)*

- What in *The Blessing* speaks to me?
- What are the most sacred and compelling hopes and purposes in my life?
- What currently commands and receives my best time and energy?
- Who or what do I rely on and trust?

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## **Format for Circles of Trust / Circles of Prayer Gatherings**

Circles of Trust: 60-90 minutes

Circles of Prayer: 30 minutes

### **Review Guidelines for Circles of Trust**

#### **Song: [O God, You Search Me](#)**

O God, you search me and you know me.  
All my thoughts lie open to your gaze.  
When I walk or lie down you are before me:  
Ever the maker and keeper of my days.

You know my resting and my rising.  
You discern my purpose from afar,  
And with love everlasting you besiege me:  
In ev'ry moment of life and death, you are.

Before a word is on my tongue, Lord,  
You have known its meaning through  
and through.  
You are with me beyond my understanding:  
God of my present, my past and future, too.

Although your Spirit is upon me,  
Still I search for shelter from my light.  
There is nowhere on earth I can escape you:  
Even the darkness is radiant in your sight.

For you created me and shaped me,  
Gave me life within my mother's womb.  
For the wonder of who I am, I praise you:  
Safe in your hands, all creation is made new.

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O God, You Search Me, Farrell, @1992, OCP Publication

## Opening Prayer:

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.

*Father Thomas Keating*

## Check-In:

- How do you come to this gathering?

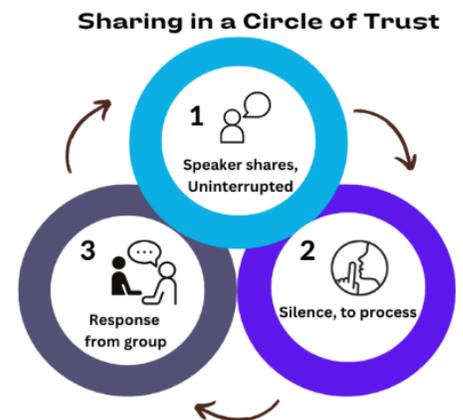
## Intention/Focus:

Transformation requires a welcoming space, hospitable to the soul, wherein you can be honest, intimate and real.  
Embrace deeply your truest self.  
Seek to know one another as ever-awakening,  
yearning to be understood for who you are.

*Ted Dunn, The Inner Work of Transformation*

## Share from your preparation, prayer and reflection

- What in the blessing speaks to me?
- What are the most sacred and compelling hopes and purposes in my life?
- What currently commands and receives my best time and energy?
- Who or what do I rely on and trust?



## **Check-Out:**

- How do you leave this time of sharing?
- What's stirring in you now?
- What (if any) insights are you aware of at this time?

## **Closing Blessing/Prayer**

May you be blessed by God the listener when you most need to be heard —  
when you need to speak your truth and your story  
and have it received without condition or judgment.

May you know God's acceptance of how you are  
and unconditional love for who you are in this moment.

May you discover the wisdom planted deep in your own heart  
as God listens you  
into life and freedom.

May the Listening God bless you.

*Maxine Shonk, OP*