

Prayer service to be used a meetings.

CROSS REFLECTION

During this Lenten season we reflect on the powerful symbol of the Cross. It has great meaning in our lives as a Christian people. We will take a few moments to meditate on the Sign of the Cross. To prepare us for this reflection, I invite you to center yourself by focusing your attention to a certain spot or to close your eyes. Take a few deep breaths. Slowly inhale and exhale.

Take in new life with each breath.
Enable darkness and fear.
Inhale brightness and light.
Exhale anxiety and worry.
Hold your hopes for this day.

Take your right hand and place it in the center of your forehead as we begin in the name of our Creator God,
 In the name of the Father,
 In the name of the Mother,
In the name of the God who loves us and sustains us,
 The God of mystery and surprise,
The God who is always somehow beyond us,
 Who calls us to be saints.
And we ask that all the function of our mind,
Our memory, our intellect, our will, our imagination,
 Might be wholly directed
 To this all holy God.

LOWER your hand to the center of your chest, in a place near your heart
As we pray in the name of your Son
As we pray in the name of that Sacred Heart that was
We pray that the wounds of our own hearts might be channels of peace.

LIFT your hand and place it on your left shoulder
As we pray in the name of the holy and claim our past,
 The deeds that we are proud of,
And the deeds that we are ashamed of.
We stand in the knowledge
 That God makes all things work to the good,
All of our lives can be redeemed and made holy.

LIFT your hand once again and place it on your right shoulder
As we pray in the name of the Spirit.
We look forward to the future unafraid;
Confident that whatever lies ahead of us,
A long life or a short life, riches or poverty,
We will never be orphaned.
 God's spirit will abide.

PLACE your hands together;
Your fingers pointing to the sky to Unity that is blessed,
That is e and feminine,
 Who is beyond us, among us, and within us.
In the name of the One God who is revealed
As Mother, Father, Son and Holy Spirit,
 In prayer we begin this time together.

Amen

