**Contemplative Service for Wednesday,**

**December 6, 2023**



**First reading**: Matthew 5:9

Blessed are the peacemakers, for they shall be called children of the Holy One.

**Music:** “My Peace I Leave You,” Taize

https://www.youtube.com/watch?v=cY22uNjlXj8

**Second readings:**

Peace demands the most heroic labor and the most difficult sacrifice. It demands greater heroism than war. It demands greater fidelity to the truth and a much more perfect purity of conscience."
- Thomas Merton

"We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy and doubt, that peace and abundance may manifest for all."
- Dorothy Day

**Music**: “Peace, Be Still,” by Stephen Iverson

<https://www.youtube.com/watch?v=QGGzUH4XV70>

**Time of Silent Contemplation**

*I bow to the sacred in all creation.
May my sprit fill the world with beauty and wonder.
May my mind seek truth with humility and openness.
May my heart forgive without limit.
May my love for friend, enemy, and outcast be without measure.
May my needs be few and my living simple.
May my actions bear witness to the suffering of others.
May my hands never harm a living being.
May my steps stay on the journey of justice.
May my tongue speak for those who are poor without fear of the powerful.
May my prayers rise with patient discontent until no child is hungry.
May my life's work be a passion for peace and nonviolence.
May my soul rejoice in the present moment.
May my imagination overcome death and despair with new possibility.
And may I risk reputation, comfort, and security to bring this hope to the children. —* Mary Lou Kownacki, OSB

**Communal Blessing:**

Holy Haven,

We pray that peace be the ground on which we stand, and a ground that we cultivate with care. Let us not deplete the soil of those nutrients that will create peace. Let us water it with our tears as well as our hopes. We pray for a crazy profusion of color and pattern. Yes, we pray for the many and robust forms of peace that are meant to grow together in in your garden. Amen.

**Music:** Secret Dwelling, by Darlene Franz

<https://wisdomchant.bandcamp.com/track/secret-dwelling>

*May you be accompanied by steadfast peace.*