



BE STILL

Take a moment to allow whatever is in your heart to rise and offer your thoughts to the loving care of the Lord today.

Sing, Play or Listen:

Nothing can separate us by Lori True via:
<https://www.youtube.com/watch?v=P0PUAQ3dzZ8>

Gathering Prayer

Loving God,
In these early weeks of the year
we ask for wisdom to see your presence
as we make our way through each day.
Allow us to draw near to you
and to sit in your presence
as we open our hearts to hear your word.
Amen.

THIS WEEK WE CELEBRATE

- Monday 5 February: St Agatha (Memorial)
- Tuesday 6 February: St Paul Miki and companions (Memorial)
- Saturday 10 February: St Scholastica (Memorial)

READING

Praise the Lord, who heals the broken hearted. (Ps 147: 1-2, 3-4, 5-6)

Praise the LORD, for he is good;
sing praise to our God, for he is gracious;
it is fitting to praise him.
The LORD rebuilds Jerusalem;
the dispersed of Israel he gathers.

Response: Praise the Lord, who heals the broken-hearted.

He heals the broken hearted
and binds up their wounds.
He tells the number of the stars;
he calls each by name.

Response: Praise the Lord, who heals the broken-hearted.

Great is our Lord and mighty in power;
to his wisdom there is no limit.
The LORD sustains the lowly;
the wicked he casts to the ground.

Response: Praise the Lord, who heals the broken-hearted.

Ponder

Re read the psalm. Pope Francis in *Evangelii Gaudium* (2013) noted that in the presence of God, during a recollected reading of the text it is good to practice *Lectio Divina* – the reading of God's word in prayer asking that it 'enlighten and renew' us. The following questions may help with this:

- Lord, what does this text mean to me?
- What is it about my life that you want me to change by this text?
- What troubles me about this text?
- Why am I not interested in this?
- What do I find pleasant about this text?
- What is it about this word that moves me?
- What attracts me?
- Why does it attract me?

Reflect

We all carry experiences of and memories of broken hearts. The WH Auden poet, *Stop the Clocks* captures this sense of heart stopping grief:

Funeral Blues/Stop the Clocks

*Stop all the clocks, cut off the telephone,
Prevent the dog from barking with a juicy bone,
Silence the pianos and with muffled drum,
Bring out the coffin, let the mourners come.*

.....
*The stars are not wanted now: put out every one;
Pack up the moon and dismantle the sun;
Pour away the ocean and sweep up the wood;
For nothing now can ever come to any good.*

However, the wisdom from the psalm reminds us that God is ever present and will, if we are able to open our hearts, heal all that is broken in us and in our world.

Perhaps during this week it is an opportunity to think about where we need healing in our lives and to allow God to enfold all that is within us that needs healing.

PRAY

Loving God,
in this new year I pray:
to live deeply, with purpose,
to live freely, with detachment,
to live wisely, with humility
to live justly, with compassion,
to live lovingly, with fidelity,
to live mindfully, with awareness,
to live gratefully, with generosity,
to live fully, with enthusiasm,

Help me to hold this vision
And to daily renew it in my heart,
Becoming ever more one with you,
I ask this in the name of Jesus,
Amen.

(adapted from *The New Year*, Joyce Rupp taken from *Out of the Ordinary*
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