



Touchstone

Or Make This Request

Teach me to listen, O God,
To those nearest me,
My family, friends, my co-workers.
Help me to be aware that
no matter what words I hear,
the message is,
“Accept the person I am. Listen to me.”

Teach me to listen, O God, my Father,
to those far from me –
the whisper of the hopeless,
the plea of the forgotten,
the cry of the anguished.

Teach me to listen, O God my Mother,
to myself.
Help me to be less afraid
to trust the voice inside –
In the deepest part of me.

Teach me to listen, Holy Spirit,
for your voice –
in busyness and in boredom,
in certainty and in doubt,
in noise and in silence.

Teach me, Lord, to listen. Amen

(Adapted by John Veltri, SJ,
Hearts on Fire, Loyola Press)

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**Prayers for Deck & Dock
2018**

We Don't Have an App for That

Now there's even a Google app designed to help us monitor and manage our social media activity – while keeping us loyally entangled with them and their advertisers.

We don't have an app, but we have some suggestions for using your devices for healthier reflection this summer.

Our new and improved website has the following resources if you want to:

- 1 Deepen your conversation with God - there is 4 Day Invitation to Prayer Guide
- 2 Lead a guided reflective conversation around the campfire - we have our Small Group Guides
- 3 Host a day of reflection with some friends - our Retreat Guide is the perfect resource

We've never been more overwhelmed with the noise of life and information. We long for beauty, and reflection and stillness.

Summer can be a time of holy leisure for us individually, as families, as friends.

Here's a prayer I found (not sure where) but sounds relevant.

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A Prayer for Holy Leisure

I CONFESS TO You, dear God, that holy leisure is far from me. I have a minute of empty space -and I rush to fill it. I act, I do, I talk. Why can't I simply be still?

YOU NEED TO KNOW, my child, that I will not compete for your attention. If you choose to be distracted, I will not force myself on you.

O Lord, it frightens me that I could crowd you out of my life. Plant in me a longing for stillness. Create in me a hunger for open, empty space.

As you wish...

Even if you don't want to commit to anything onerous you may find yourself one day on a peaceful sunny morning, the lake glassy and the air still.

Just sit and soak it in. Listen to the sounds of water rippling, leaves rustling musically, and birds calling and know the God who reveals himself in this wants to speak to you.

Listen to this blessing

The Lord bless you and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face towards you
and give you peace. (Numbers 6:24-26 NIV)

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Offer this Supplication

O Being of life!
O Being of peace!
O Being of Time!
O Being of eternity!
O Being of eternity!

Keep me in good means,
Keep me in good intent,
Keep me in good estate,
Better than I know to ask,
Better than I know to ask!

Shepherd me this day,
Relieve my distress,
Enfold me this night,
Pour upon me thy grace,
Pour upon me thy grace!

Guard for me my speech,
Strengthen for me my love,
Illume for me the stream,
Succour Thou me in death,
Succour Thou me in death!

(From *Carmina Gadelica*, III, 55 in
The Celtic Vision Esther De Waal)

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