

The AMM Sydney group have been accustomed to having a retreat day each May, but this year we were unable to have such a day. There was the possibility of having such a day in September, but alas that also was not to be. Instead, I have offered an at home retreat on our website, with the hope our members might take some quiet time at home for some prayer and reflection. The following pages contain a reflection, based on the gospel story in John's gospel where Jesus meets the Samaritan woman at the well. I hope it provides something for our members and any others who might land on our website,  
Fr Kevin Canty, CM (National Director)

(Full text of scripture passage is John 4:1-42.)

## A REFLECTION

My people are not threatened by silence.  
They are completely at home with it.....

I can find peace in this silent awareness.  
There is no need of words.  
There is no need to reflect too much  
and to do a lot of thinking.  
It is being aware.  
Our Aboriginal culture has taught us to be still  
and to wait.

This is waiting on God, and it cannot be hurried.

There is nothing more important  
than what we are attending to.  
There is nothing more urgent that we must hurry  
away to.

We wait on God.  
His time is the right time.  
We wait for him to make his word clear to us.  
We know that in time  
and in the spirit of deep listening  
and quiet stillness

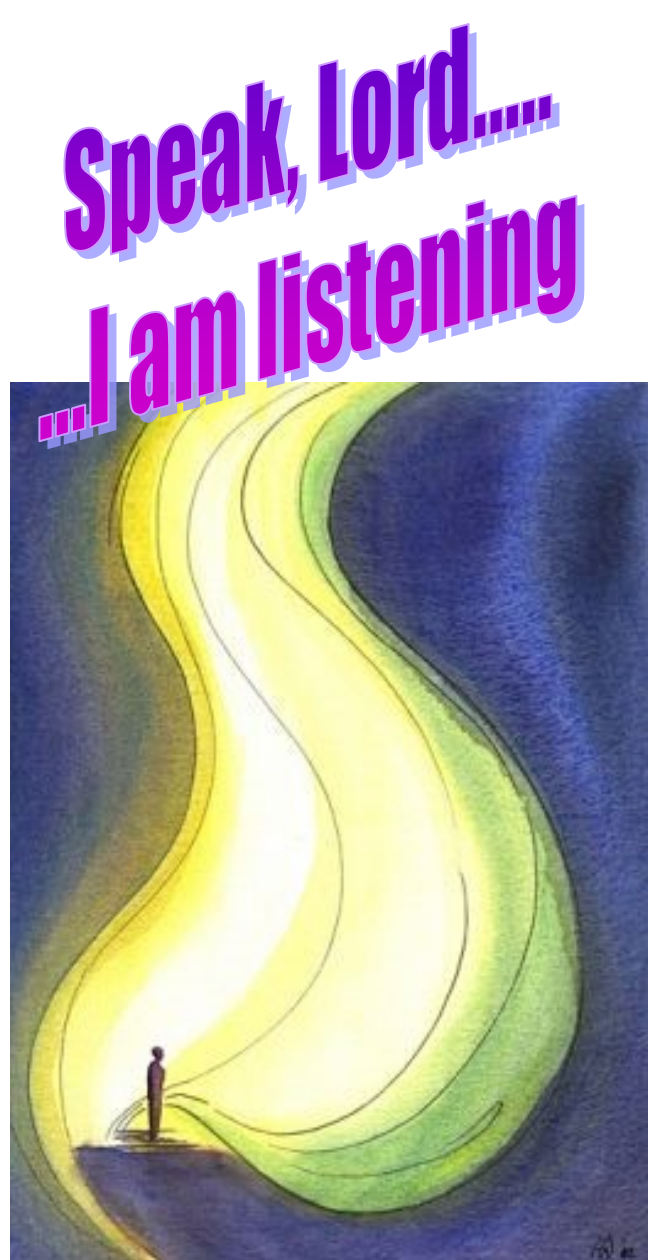


Illustration by Elizabeth Wang. "Open to the Spirit"  
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# Come!

*“But look, I am going to seduce her  
and lead her into the desert and speak  
to her heart...”*

*I shall betroth you to myself for ever,  
I shall betroth you  
in uprightness and justice,  
and faithful love and tenderness.  
Yes, I shall betroth you to myself in loyalty  
and in the knowledge of Yahweh.  
(Hosea 2: 16, 21-22)*

*Where shall I go to escape your spirit?  
Where shall I flee from your presence?...  
(Psalm 139)*

*“The next day as John stood there again  
with two of his  
disciples, Jesus went past, and John  
looked towards him and said, ‘Look,  
there is the Lamb of God’. And the two  
disciples heard what he said and followed  
Jesus. Jesus turned round, saw  
them following and said, ‘What do you  
want?’*

*They answered, ‘Rabbi’ - which means  
Teacher, - ‘where do you live?’ He replied,  
‘Come and See’; so they went and  
saw where he lived, and stayed with him  
that day.*

*It was about the tenth hour.”  
(John 1:35-39)*

*“Lord, teach us to pray, as John taught  
his disciples.”  
(Luke 11:1)*

## IN THE SILENCE

As I enter into this time of Retreat, can I be aware of what it is I bring to this time, my hopes, desires, fears, anxieties, what has been and continues to be so much a part of my journey.

Can I also be open to what my God desires for me during this time. Can I accept his invitation to Come! Listen! Live!

I pray for the Spirit that I may receive all that my God will offer me and that I will be free to respond.

May Mary, who pondered in her heart, help me to be attentive and listen to her Son, what he says to me, and how he desires to be here for me.

# Listen!

***Soul quiet**  
At the heart of all our go  
with its noise, commotion and anxiety  
that scatter us all about the place  
there lives  
the most amazing quiet  
that gathers us gently into ourselves.  
(Noel Davis)*

## PRAYER

Uncrowd my heart, O God,  
until silence speaks  
in your still, small voice.  
Turn me from the hearing of words,  
and the making of words,  
and the confusion of much speaking  
to listening,  
waiting,  
stillness,  
silence.

*- Lost in Wonder—Esther de Waal*

# Live!

*"I said 'I am not the Christ; I am the one who has been sent to go in front of him'. It is the bridegroom who has the bride; and yet the bridegroom's friend, who stands there and listens to him, is filled with joy at the bridegroom's voice. This is the joy I feel, and it is complete. He must grow greater, I must grow less" (John 3: 28-30)*

John the Baptist directs our attention towards Jesus. John, the bridegroom's friend stands there and listens to him, and is filled with joy at the bridegroom's voice. This is the joy he feels, and it is complete. Jesus must grow greater; John must grow less.

The invitation is: "Come and see!", and a call to "listen to him".

"Who is Jesus for me?". As John is filled with joy at the bridegroom's voice, I might ask myself: "What has been my experience? What can I rejoice in? For what do I give God thanks? Where has Jesus been in my journey of faith?"

#### **SCRIPTURE FOR PRAYER:**

**Is 43:2-7** Do not be afraid, for I have redeemed you; I have called you by name, you are mine .... I am your God.... You are precious... I love you.

**Mk 5:18-20:** Go home to your people and tell them all that the Lord in his mercy has done for you.

**1 Peter 1:3-9** You have not seen him, yet you love him .. Already filled with a joy, so glorious that it cannot be described.

**Psalms 8** I look up to the heavens ... at the moon and the stars ... what are human beings ... yet you have made (them) little less than a God.



The first movement in prayer is a **LISTENING** to God and the first condition for this experience is a quietening down, a becoming still in one's whole manner and attitude. From the stillness of one's bodily attitudes the mind is also stilled - an outward silence that grows inward towards the heart.

*Then the word of the Lord came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your Covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. (I Kings, 19:11-13)*

As we surrender to the Stillness and to the Trust that awaits attentively within the old pattern of our lives is changed as each thread of fear is unpicked with care by Hand replaced with deft artistry by threads of Love and our new pattern of Life begins to appear. (Noel Davis)

# I thirst for you, O God

## THE FOUNTAIN

I attempt to get in touch with my thirst  
for happiness, for peace,  
for love, for truth,  
for something quite beyond me, I know not what.

Then I recite the Scripture texts that follow  
to give expression to this thirst.

The first text is a cry:

“O God, you are my God, for you I long.  
For you my soul is thirsting” (Psalm 62:1).

*As I repeat each text in the manner of a mantra,  
allowing it to penetrate my heart, I focus on one word,  
one phrase within the text that seems to call to me  
above the others.*

*And I let my mind produce some image of some scene  
(maybe from my own history) that would symbolize the  
text my heart recites.*

The second is an invitation:

Anyone who is thirsty should come to me and  
drink” (John 7:37)

The third is a promise:

“Whoever drinks the water that I give will never thirst  
again. The water that I give will be an inner spring that  
wells up for eternal life” (John 4:13-14)

The final text is the fulfillment:

“The Spirit and the bride say, ‘Come!’ Let everyone  
who listens answer, ‘Come!’

Let all those who are thirsty come.

All who want may have the water of life and have it  
free. Amen.

Come Lord Jesus” (Rev. 22:17).

(Anthony de Mello : “Wellsprings”)



## Jacob's Well

*“On the way he came to the Samaritan town called Sychar near the land that Jacob gave to his son Joseph. Jacob’s well was there and Jesus, tired by the journey, sat down by the well. It was about the sixth hour”. (John 4:5-6)*



In chapter 28 of Genesis, Jacob, as he sets out on his journey to Haran, rests for the night and has a dream. In the dream he receives the promise from God that the land on which he is resting will be given to him and his descendants. God says: *"Be sure, I am with you; I shall keep you safe wherever you go, and bring you back to this country, for I shall never desert you until I have done what I have promised you."* When Jacob awakes from the dream, he says: *"Truly God is in this place and I did not know."* He continues his journey and eventually comes to the well where he meets his future bride, Rachel, as she comes to water her uncle's flock.

For Jacob, the well is a betrothal place. Before the appointed time he rolls away the stone that covers the mouth of the well and waters the flock. *"...it is broad daylight, not the time to round up the animals". (Gen 29:1-14)*

Who is Jesus for me? Jesus, on his journey with his disciples comes to the well. He is tired and thirsty. He sits by the well. Soon the woman will approach with her water jar, seeking natural water. She also will be thirsty as she comes to the well in the heat of the day.

For what do I thirst? What does water symbolize for me as I reflect on my journey? Am I waiting for someone to roll the stone away from the mouth of the well that my thirst may be quenched? As a disciple of Christ, what is the water that I desire from God?

#### SCRIPTURE FOR PRAYER:

Jer 2:1-13 I remember your faithful days ... your  
bridal days ... my people have abandoned me

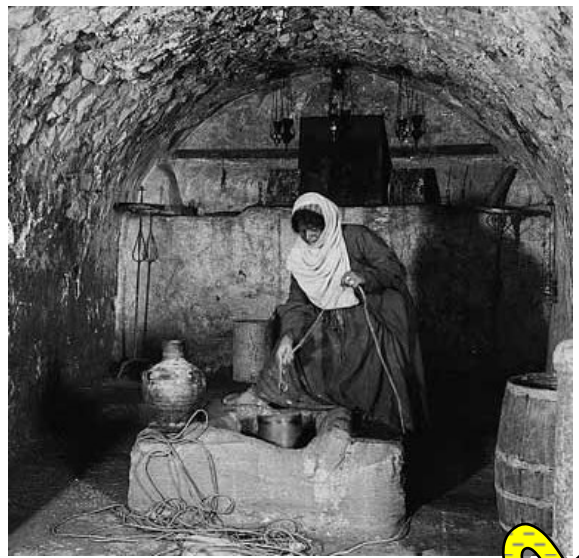
.... The fountain of living water...

Hos 2:21-22 I shall betroth you to myself forever... in  
faithful love and tenderness...

Exek 36:23-32 I shall pour clean water over you ... I  
shall give you a heart of flesh....

Jn 7:37-39 Let anyone who is thirsty come to me...

Psalm 63:1-8 ..my heart thirsts for you ... I will bless  
you all my life....



...in this place!!!



#### A Well of Stillness

Dig a well of stillness  
deep into my being O God  
down through my thoughts, feelings, con-  
cerns,  
desires....

Deepen and broaden it within me,  
help me let go and loosen up my life a while  
for your proddings and promptings  
to seep in through its sides in time  
and fill my heart  
with Your desires,  
for Love not costs  
to direct my Life Flow.  
(Noel Davis)

If God as primordial origin is pictured as the sun, and God incarnate as the beam of that same light streaming to the earth (Christ the sunbeam), then Spirit is the point of light that actually arrives and affects the earth with warmth and energy.

And it is all the one shining light.

Again, triune holy mystery may be pictured as an upwelling spring of water, the river that flows outward from its source, and the irrigation channel where the water meets and moistens the earth—again, Spirit. And it is all in the one flowing water.

Yet again, the triune God can be compared to a flowering plant with its deep, invisible root, its green stem reaching into the world from that root, and its flower (Spirit) which opens to spread beauty and fragrance and to fructify the earth with fruit and seed. And it is all the one living plant.

The point for our pondering is that calling the mystery of God Spirit signifies the active presence of God in this ambiguous world. Whether the Spirit be pictured as the warmth and light given by the sun, the life-giving water from the spring, or the flower filled with seeds from the root, what we are actually signifying is God drawing near and passing by in the midst of historical struggle.

(Elizabeth Johnson, 'She Who Is')



**Living Water**

*We are enclosed in the Father  
and we are enclosed in the Son  
and we are enclosed in  
the Holy Spirit.  
And the Father is enclosed in us  
and the Son is enclosed in us  
and the Holy Spirit is enclosed  
in us; Almighty, All Wisdom,  
All Goodness; One God, one Lord.  
(Julian of Norwich)*

**Come!**

**Drink!**

*When a Samaritan woman came to draw water, Jesus said to her, "Give me something to drink" His disciples had gone into town to buy food. The Samaritan woman said to him, "You are a Jew. How is it that you ask me, a Samaritan, for something to drink?" - Jews, of course, do not associate with Samaritans. Jesus replied to her: "If you only knew what God is offering and who it is who is saying to you, 'Give me something to drink', you would have been the one to ask, and he would have given you living water." (John 4:7-10)*

Jesus is tired from a long journey. He has just come from Nicodemus, a leading Jew, who did not come to him at noon, but at night. Perhaps Jesus' tiredness comes from more than the long journey. He is tired when people do not respond to his message. Perhaps his thirst is satisfied when people do accept him and the 'good news' he offers them.

The woman has come for natural water. She does not understand Jesus' offer and delights to think she can have water without having to come each day to the well. But Jesus is offering her living water. It is not from the well but from a fountain of water within her. Like Jacob he will move away the stone so that she can get this living water. As she enters into dialogue with him, as she listens to him and is open to who he is and who he desires to be for her, she begins to taste this living water.

**Who is Jesus for me?** Jesus is offering me living water. What prevents me from getting this living water that Jesus offers? What is the stone that must be removed so that I can receive this living water? Is it lack of faith, of trust in Jesus' love for me? Is it lack of acceptance of who I am? Is it some area of unfreedom that I find difficult to look at or share with him? Can I speak with him as the woman does? Can I let Jesus remove the stone?

In the past has he removed any stone that prevented me from tasting this living water? What has this living water been for me? What has it been like for me to receive the living water that Jesus offers? What has Jesus been like for me? What is the living water that I now ask Jesus to give me? Who is Jesus for me now as he offers me living water?

## SCRIPTURE FOR PRAYER:

**Lk 4:16-22** ..to proclaim liberty to captives, sight to the blind...

**Jn 17:1-3** ..eternal life is this: to know you the only true God, and Jesus Christ whom you have sent.

**Jer 20:7-13** You have seduced me,... and I have let myself be se-duced .. There seemed to be a fire burning in my heart.

**Rom 8: 9-13** ...the Spirit of God has made a home in you ...

**Psalms 16:** God, you, you alone, hold my lot secure...

*"Then the angel showed me the river of life, rising from the throne of God and of the Lamb and flowing crystal clear. Down the middle of the city street, on either bank of the river were the trees of life, which bear twelve crops of fruit in a year, one in each month, and the leaves of which are the cure of the nations." (Revelation 22:1-2)*

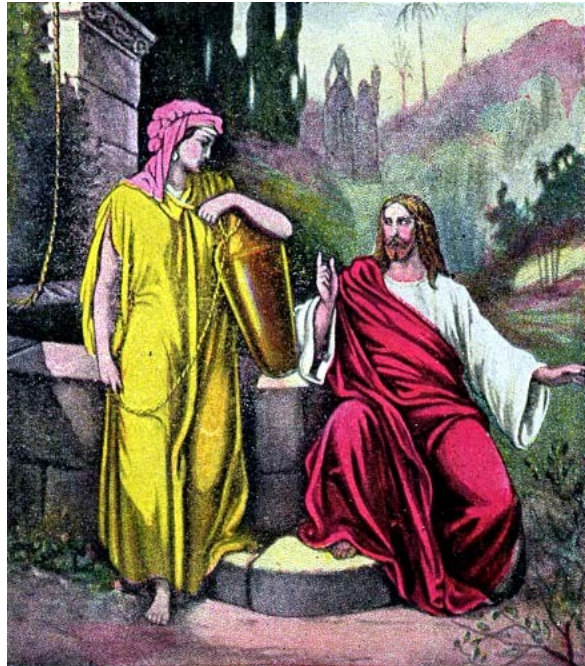




*Christian, learn from Christ how you ought to love Christ. Learn a love that is tender, wise, strong; love with tenderness, not passion, wisdom, not foolishness, and strength...” “Do not let the glory of the world or the pleasure of the flesh lead you astray; the wisdom of Christ should become sweeter to you than these ... Let love enkindle your zeal, let knowledge inform it, let constancy strengthen it. Keep it fervent, discreet, courageous.” (St Bernard : Sermon 20)*

*“What do you think she will receive there, when now she is favoured with an intimacy so great as to feel herself embraced by the arms of God, cherished on the breast of God, guarded by the care and zeal of God lest she be roused from her sleep by anyone till she wakes of her own accord.” (St Bernard : Sermon 52)*

# That is who I am



# I who speak to you

*Jesus said: “I am the Way; I am Truth and Life. No one can come to the Father except through me. If you know me, you will know my Father too. From this moment you know him and have seen him.”  
(John 14:6-7)*



**“Did not our hearts burn within us as he talked to us on the road and explained the Scriptures to us?” (Luke 24:32)**



For Jacob the well was a betrothal place. Jesus does seem to know about the woman's personal life. Has she a husband? Who will be her true husband? Jesus is acknowledged by the woman to be a prophet. A prophet denounces false gods and may know where the true God lives. Jesus tells her the true God lives not on any mountain but within people. The woman has to get rid of false gods, those gods that take life rather than give life. In listening to and talking with Jesus she is now opening herself up to life.

Is the woman Samaria, the five husbands being the five pagan tribes that inter-married with the Israelites to form the Samaritan people? (2 Kings 17:24) (Some see the five husbands as referring to the Samaritan bible, which has only the first five books of the OT.) Salvation came from the Jews. It did not stay with them. Now is the time of the New Covenant. God is offering living water to a Samaritan woman. No longer need one go to Jerusalem to worship. True worship is the worship that wells up within a person's heart in response to the gift of God's Spirit inside them. True worship is our thirst meeting the living water that Jesus offers.

The woman is listening and searching. Jesus responds, revealing himself to her as the Christ, the Messiah. "That is who I am, I who speak to you." Jesus has opened the well for her at noon, because he loves her. "Who is Jesus for me?" What false gods take life from me rather than give life? How is Jesus now revealing himself to me? How is he present to me? In his love for me has he opened the well of living water? What is Jesus like for me?

#### SCRIPTURE FOR PRAYER:

Lk 14:15-24 Go out quickly into the streets ... and bring in here the poor...

Jn 3:16 ..this is how God loves the world : he gave his only Son Mk 14,15 The Passion of Jesus Mt 15:29-39 ...large crowds came to him, bringing the lame, the crippled, the blind ... he said, I feel sorry for all these people

Eph 5:1-2 ...follow Christ, loving as he loved you, giving himself up for us.

*You ask me then how I knew he was present, he whose ways cannot be traced (Rom 11:33). He is life and power (Heb 4:12), and as soon as he enters in he stirs my sleeping soul. He moves and soothes and pierces my heart (Sg 4:9), which was as hard as stone and riddled with disease (Sir 3:27; Ez 11:19, 36:26). And he begins to root up and destroy, to build and to plant, to water the dry places and light the dark corners (cf Jer 1:10), to open what was closed, set what was cold on fire, to make the crooked straight and the rough places smooth (Is 40:4), so that my soul may bless the Lord and all that is within me praise his holy name (Ps 101:2)*

*And so, when the bridegroom, the Word, came to me he never made any sign that he was coming; there was no sound of his voice, no glimpse of his face, no footfall. There was no movement of his by which I could know his coming; none of my senses showed me that he had flooded the depths of my being. Only by the warmth of my heart, as I said before, did I know that he was there, and I knew the power of his might because (Eph 1:1) my faults were purged and my body's yearnings brought under control. And then my secret faults were revealed (Ps 18:13) and made visible, I have been amazed at the depth of his wisdom (Sir 7:25). At the slightest sign of amendment of life, I have experienced the goodness of his mercy. In the remaking and renewing of the spirit of mind (Eph 4:23), that is, the inner man, I perceived the excellence of his glorious beauty (Ps 49:2); and when I contemplate all these things I am filled with awe of his manifold greatness (Ps 150:2).*

*But when the Word has left me, and all these things become dim and weak and cold, as though you had taken the fire from under a boiling pot, I know that he has gone. Then my soul cannot help being sorrowful until he returns, and my heart grows warm within me, and I know he is there.*

(Bernard of Clairvaux, Sermon 74 : Sermon on the Song of Songs)

*Inside each of us  
 there awaits  
 a wonder  
 full  
 spirit of freedom  
 she waits  
 to dance  
 in the rooms  
 of our heart  
 that are closed  
 dark and cluttered  
 she waits  
 to dance  
 in the spaces  
 where negative feelings  
 have built barricades  
 and stock-piled weapons  
 she waits  
 to dance  
 in the corners  
 where we still  
 do not believe  
 in our goodness*

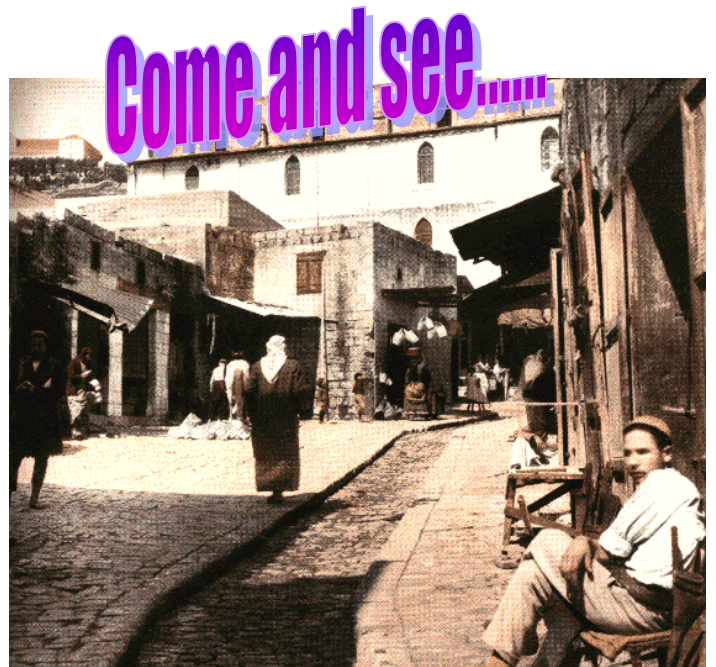
*inside each of us  
 there awaits  
 a wonder  
 full  
 spirit of freedom  
 She will lift light feet  
 And make glad songs  
 Within us  
 On the day we open the door of ego  
 And let the enemies  
 stomp out..*

— Joyce Rupp

## wells

Life is a journey towards a promised land.  
 On our way we need to find fresh water. We  
 are always looking for new wells.  
 Jesus drank from a Samaritan well. He ac-  
 cepted water from a woman not accepted.  
 On our journey we are sometimes called to  
 accept water from peoples and cultures not  
 yet well accepted. But at times their fresh  
 water is our survival.  
 This ancient land of Australia the driest of all  
 continents holds many deep wells in lonely  
 desert places.

(Rod Cameron 'Opala')



Could this be the Christ?

**The woman put down her water jar and hurried back to the town to tell the people. “Come and see a man who told me everything I have done; could this be the Christ?” This brought people out of the town and they made their way to Jesus. (John 4:28-30)**

**If you make my word your home you will indeed be my disciples; you will come to know the truth, and the truth will set you free. (John 8:31-32)**

The disciples return and are surprised to see Jesus talking, not with a Samaritan, but with a woman. They do not understand. The woman, in contrast to the disciples, has been a good dialogue-partner with Jesus. They do not share their questions, their surprise with him — “..none of them asked, ..” His answer is given to them when they suggest Jesus takes something of the food they have brought to him. “Rabbi, do have something to eat.” Jesus has been talking to the woman. She has been giving him a drink, as she has been thirsting and asking for the living water he offers her. She has been giving him food, in seeking and receiving the food that Jesus offers her. It is for this reason that he has come from above. “My food is to do the will of the one who sent me, and to complete his work.”

Jesus has been talking about spiritual food, the disciples have been focused on physical food. Jesus has opened up for the woman a fountain of life. Now the harvest is there, for people will be coming to Jesus because of the woman. They will be coming to be baptized. The disciples have to be aware of this. She is the one who has brought the people to them. She is the missionary.

The woman leaves her water jar as she goes back to her people. She came alone, apparently an outcast among her people. She came for natural water. She returns without that natural water. But she has found something greater, something deeper. She has found a deeper form of life. She has been given living water. Jesus has opened for her that fountain of water within her. Now she responds to this gift. “Come and see a man who has told me everything I have done.”

God was not found only with any particular ethnic group. No, God was within her. The fountain of life was within her. The fountain of life was within her. The true God was to be worshipped in spirit and in truth. If she made God’s word her home, she could be Jesus’ disciple. She could come to know the truth and the truth would set her free. Is it with something of this freedom that she leaves her water jar and goes to offer an invitation to others to experience what she has experienced? “Could this be the Christ?” A gentle invitation. She wants people to come and see for themselves. She has become the missionary.

**Who is Jesus for me?** How have I responded to Jesus’ presence with me during my life, during these days. Have I truly listened to his voice? Have I entered into dialogue with him, into conversation with him, seeking from him what I desire, what he, in his love, wants to give me?

What has been my experience, in life, during this retreat, where Jesus has brought me to freedom? From what ‘false gods’ has Jesus freed me? What areas of unfreedom remain in me? What do I now ask of Jesus?

#### **SCRIPTURE FOR PRAYER:**

**Lk 2:19** Mary ...treasured these things and pondered them in her heart..

**Lk 4:16-24** ..he has anointed me to bring good news to the afflicted...

**Gal 2:19-21** ...it is no longer I, but Christ living in me...



## ***God speaks to Mecthild of Magdeburg***

I who am Divine am truly in you. I can never be sundered from you: However far we be parted we can never be separated. I am in you and you are in Me. We could not be any closer. We two are fused into one, Poured into a single mould. Thus, unwearied we shall remain forever.

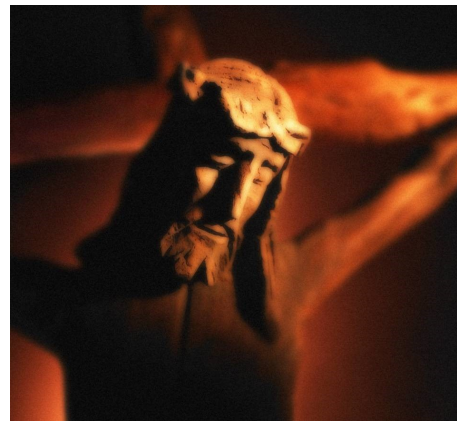
I, God, am your playmate! I will lead the child in you in wonderful ways for I have chosen you. Beloved child, come swiftly to Me for I am truly in you. Remember this: The smallest soul of all is still the daughter of the Father, the sister of the Son, the friend of the Holy Spirit and the true bride of the Holy Trinity.

Divine Love is so immensely great. Great is its overflow for Divine Love is never still. Always ceaselessly and tirelessly it pours itself out so that the small vessel which is ourselves might be filled to the brim and might also overflow.

When are we like God? I will tell you. In so far as we love compassion and practice it steadfastly to that extent do we resemble the heavenly Creator who practices these things ceaselessly in us.



# **He is indeed**



# **the Saviour of the world**

*O Divine Gift-giver,  
I stand beneath the endless waterfall  
of your abundant gifts to me.  
I thank you especially for the blessing of life,  
the most precious of all gifts to me.  
I thank you, ever-generous One,  
for clothing to wear,  
for food and drink to nourish my body, for all the  
talents  
and skills  
that you have bestowed upon me.  
I thank you for the many joys of my life, for family  
and friends,  
for work that gives me a sense of  
purpose and invests my life  
with meaning.  
I thank you as well  
for the sufferings and trials of my life which are  
also gifts  
and which together with my  
mistakes are among my most  
important teachers.  
Grant that I may never greet a new day without the  
awareness of some gift for which to give you  
thanks. And may constant thanksgiving  
be my song of perpetual praise to you.  
(Edward Hays, 'Prayers for a Planetary Pilgrim')*

Many Samaritans of that town believed in him on the strength of the woman's words of testimony, "He told me everything I have done.". So, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and many more came to believe on the strength of the words he spoke to them; and they said to the woman, "Now we believe no longer because of what you told us; we have heard him for ourselves and we know that he is indeed the Saviour of the world.". (John

The woman's invitation, "Could this be the Christ?", has brought others to Jesus. For some, her testimony has been enough for them to believe in him. For others, it has been her invitation and her testimony that has led them to experience Jesus and to be able to exclaim: "Now we believe no longer because of what you have told us, we have heard him ourselves and we know that he is indeed the Saviour of the world."

One may not have seen in this Samaritan woman a possible future missionary. But she has brought others to Jesus and to that experience of him as their Saviour. What other people, perhaps the most unlikely, have brought me to Jesus? Who have been "good news" for me—my family, friends, others in my parish community, the poor...? Where have I been a means of bringing others to Christ? What does my journey with the woman at the well now say to me of my mission today, now, and into the future?

"Who is Jesus for me?" Jesus challenges me with the question: "But, you, ..., who do you say I am?" (Lk 9:20) Being called to mission, being sent by Jesus, means bringing my experience of him to as many people as I can. "Come and see..." What has been my experience of him during these days? What has been the gift, the grace or graces, of this time? What has been the living water that Jesus offers me? How has he opened the well for me during these days—that fountain of life within me? What is it that he now asks of me? "I have given you an example so that you may copy what I have done to you?" (Jn 13:15) "I have told you this so that my own joy may be in you and your joy be complete. This is my commandment: love one another as I have loved you." (Jn 15:11-12) Has Jesus grown greater, and have I grown less? Like John the Baptist, do I feel the joy that God offers? Am I filled with joy at the bridegroom's voice? How has he spoken to me? What has he been like for me during these days? How do I now respond to him, to his voice, to his love?

#### SCRIPTURE FOR PRAYER:

Lk 1:46-55 My soul proclaims the greatness of the Lord....

Perhaps I can write my own Magnificat, my own hymn of praise and thanks. For what would I give God thanks?

**I am**

*Always be joyful, then, in the Lord; I repeat, be joyful. Let your good sense be obvious to everybody. The Lord is near. Never worry about anything; but tell God all your desires of every kind in prayer and petition shot through with gratitude, and the peace of God which is beyond our understanding will guard your hearts and your thoughts in Christ Jesus. Finally, ..., let your minds be filled with everything that is true, everything that is honourable, everything that is upright and pure, everything that we love and admire—with whatever is good and praiseworthy. Keep doing everything you learnt from me and were told by me and have heard or seen me doing. Then the God peace will be with you.*

(Phil 4:4-9)

**with you**

*Meanwhile the eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some of them hesitated. Jesus came up and spoke to them. He said, "All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all nations; baptize them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And look, I am with you always; yes, to the end of time."*

(Mathew 28:16-20)

**always**