

Here's a text if you've only a minute - - -

Be still and know that I am God. (Ps. 46:10)

I will hear what the Lord God has to say, a voice that speaks of peace. (Responsorial Psalm—84)

"Courage! It is I! Do not be afraid." (Gospel)


"Truly, you are the Son of God." (Gospel)

Calm me, Lord, as you calmed the storm;
Still me Lord, keep me from harm;
Let all the tumult within me cease;
Enfold me, Lord, in your peace. (M.Rizza, Fire of Love)

Looking towards next week

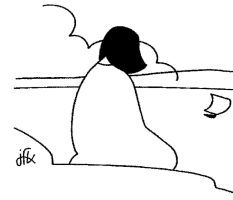
What does next week hold for me, and how do I feel God may be calling me?

And so, what do I want to ask of God for myself & others?



A large empty rectangular box for writing, with a small icon of a notepad and pencil in the top left corner.

SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



19th Sunday of
Ordinary Time,
Year A
7 August 2011



**I will hear what the Lord God has to say,
a voice that speaks of peace. (Resp. Ps. 84)**

Opening Prayer (second version)

Let us pray that through us others may find the way to life in Christ
Father, we come, reborn in the Spirit, to celebrate we are sons and
daughters of God in the Lord Jesus Christ.

Touch our hearts, help them grow towards the life
you have promised.
Touch our lives, make them signs of your love for all men.

I begin this time of prayer by taking a few moments to relax and let go of any distractions or worries I may have and slowly coming to that centre of stillness in myself where God dwells.

I read the prayer a few times, immersing myself in the awareness of being God's beloved son or daughter, letting it fill me with reverence and joy and perhaps with the desire to 'celebrate' in some appropriate way, in movement or in song or just in the silence of my heart.

The prayer reminds us that as Christians our lives are to be signs of God's love for others. I ask God to 'touch our hearts' and 'touch our lives', so that the fire of his love, compassion and forgiveness may burn brightly within us.

I end my prayer with the "Glory be to the Father, Son and Holy Spirit...."

1st Reading - 1 Kings 19:9, 11-13

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

Under a royal death sentence, the prophet Elijah fled the northern kingdom of Israel to take refuge in Mount Horeb in the wilderness of Sinai, south of Judah. Here he may have expected to encounter God in the three symbols of God's presence during the Exodus: wind, earthquake and fire. But, unlike his ancestors in the desert, Elijah did not experience God in these symbols but heard God's voice where he least expected it.

I read the passage a few times and try to enter into the experience of Elijah in the cave, fearful for his life, yet full of expectation and the anticipation that he would encounter God.

I imagine Elijah's surprise when God appeared not in wind, fire and earthquake but in the whisper of a gentle breeze. Does God surprise me in similar ways?

I may remember times when I clearly experienced God's presence in my life, whether in the quietness of a whisper or a gentle breeze, or perhaps in more spectacular ways. I speak to God, in praise, wonder, gratitude, as I am moved,

I end my prayer simply resting in God's loving presence and in the peace that only God can give.

The Gospel - Matthew 14: 22-33

Jesus made the disciples get into the boat and go ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with the wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. "It is a ghost," they said, and cried out in fear. But at once Jesus called out to them, saying, "Courage! It is I! Do not be afraid." It was Peter who answered. "Lord," he said, "if it is you, tell me to come to you across the water." "Come," said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. "Lord! Save me!" he cried. Jesus put out his hand at once and held him. "Man of little faith," he said, "why did you doubt?" And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, "Truly, you are the Son of God."

I begin my prayer by settling into a place of stillness and calm, perhaps using the mantra: 'Enfold me, Lord, in your peace', and asking for the gift of inner peace and calm.

As I read the text I place myself in the scene: the boat tossed about by the wind, the disciples fearful, Jesus some distance away. I look and listen, aware of all that is taking place.

Jesus comes towards the boat and I notice the fear and amazement on the faces of the disciples and how unruffled Jesus is, how calm his words. Perhaps I hear Jesus say to me: "Courage! It is I. Do not be afraid...Come..." - and I respond with great trust, handing over my fears and worries and placing my trust in him.

I remain there with Jesus, thanking him for his presence with me at all times, and for reaching out his hand to me when I am in trouble or afraid.