

Cathedral Church of Christ the King

*The Anglican Church of
Australia*

Diocese of Ballarat



49 Lydiard St South
Ballarat, Victoria

Acting Dean

The Right Rev'd Garry
Weatherill
Bishop of Ballarat

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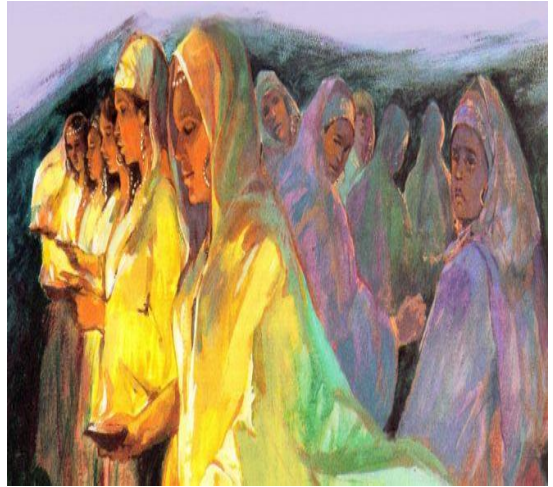
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Web
www.ballaratanglican.org.au

Welcome to the Cathedral.
**Please take this booklet
with you.**

If you are new or visiting and
want more information,
please complete our Welcome
Card

Twenty Third Sunday after Pentecost



Celebrant & Preacher

The Rt. Revd. Garry Weatherill
Bishop of Ballarat and Acting Dean

**Sunday 8th November 2020
10am**

We welcome you to the Cathedral today

A special welcome to visitors and those attending for the first time.

We are **strictly adhering to the COVID19 requirements and restrictions**. As a result, please note the following:

1. Kindly sanitise your hands BEFORE entering and BEFORE leaving the Cathedral.
2. You must register preferably before attending any our services by giving your name and contact details.
3. You are encouraged to switch on their COVID-19 app on their mobile phones.
4. Kindly keep to the 1.5m distance between people from different households at all times. This means no physical contact during the greeting of peace or greeting one another before and after the service by those of different households.
5. Communion will be in one kind only.
6. There will be no offertory procession. The collection bowl will be placed at the entrance of the Cathedral, next to an usher who will greet you at the door. Please consider making your offering by direct debit.
7. Crosses on the floor and on the pews are there to help you keep the distance required.
8. The order of service will be printed. Please take it with you when you go and recycle it at home.
9. Unfortunately, no refreshments or food will be served after the services.

The words in the bold print are said by all.

Should you wish to support our ministry electronically instead of using cash, please make a direct transfer to the “Christ Church Cathedral” account at:

Commonwealth Bank BSB: 063502 A/C number: 10516638

ACKNOWLEDGMENTS

Eucharistic Setting:

Cover Page Credit: Featured image courtesy of flickr.com

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This Cathedral acknowledges the Wadawurrung people who are the traditional custodians of this land and pays respect to the elders past and present of the Great Kulin nation who may be present and extends that respect to other Aboriginal people present.

THE HOLY EUCHARIST

GATHERING IN GOD'S NAME

Please stand when the bell is rung.

GREETING & WELCOME

Blessed be God: Father, Son and Holy Spirit.

Blessed be God's kingdom, now and for ever.

The Lord be with you.

And also with you.

SENTENCE FOR THE DAY

Watch and be ready, for you do not know on what day your Lord is coming.

Matthew 24. 42,44

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Christ our Lord. Amen.

KYRIE ELEISON (*Lord have mercy*)

Lord have mercy. **Lord have mercy.**

Christ have mercy. **Christ have mercy.**

Lord have mercy. **Lord have mercy.**

CONFESSION AND ABSOLUTION

The Spirit of truth comes to convict of sin, of righteousness, and of judgement.

Silence may be kept.

Let us then open our hearts and confess our sins in penitence and faith.

Merciful God, our maker and our judge, we have sinned against you in thought, word and deed, and in what we have failed to do: we have not loved you with our whole heart; we have not loved our neighbours as ourselves; we repent, and are sorry for all our sins. Father, forgive us. Strengthen us to love and obey you in newness of life; through Jesus Christ our Lord. Amen.

Almighty God, who has promised forgiveness to all who turn to him in faith, pardon you and set you free from all your sins, strengthen you to do his will, and keep you in eternal life through Jesus Christ our Lord. **Amen.**

GLORIA IN EXCELSIS

Glory to God in the highest, and peace to God's people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory.

Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen

COLLECT

Let us pray.

Eternal God, you have taught us that the night is far spent and the day is at hand: keep us awake and alert, watching for your kingdom, so that when Christ, the bridegroom, comes we may go out joyfully to meet him, and with him enter into the marriage feast that you have prepared for all who truly love you; through Jesus Christ our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

THE MINISTRY OF THE WORD

FIRST READING *Joshua 24. 1-3a, 14-25 Please sit*

A reading from Joshua chapter 24 beginning at verse 1.

Then Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, ‘Thus says the LORD, the God of Israel: Long ago your ancestors—Terah and his sons Abraham and Nahor—lived beyond the Euphrates and served other gods. Then I took your father Abraham from beyond the River and led him through all the land of Canaan and made his offspring many. I gave him Isaac;

‘Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD. Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD.’

Then the people answered, 'Far be it from us that we should forsake the LORD to serve other gods; for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God.'

But Joshua said to the people, 'You cannot serve the LORD, for he is a holy God. He is a jealous God; he will not forgive your transgressions or your sins. If you forsake the LORD and serve foreign gods, then he will turn and do you harm, and consume you, after having done you good.' And the people said to Joshua, 'No, we will serve the LORD!' Then Joshua said to the people, 'You are witnesses against yourselves that you have chosen the LORD, to serve him.' And they said, 'We are witnesses.' He said, 'Then put away the foreign gods that are among you, and incline your hearts to the LORD, the God of Israel.' The people said to Joshua, 'The LORD our God we will serve, and him we will obey.' So Joshua made a covenant with the people that day, and made statutes and ordinances for them at Shechem.

This is the word of the Lord.

Thanks be to God.

PSALM 78



1. Hear my teaching, O my people;
incline your ears to the words of my mouth.
I will open my mouth in a parable;
I will pour forth mysteries from of old,
Such as we have heard and known,
which our forebears have told us.
2. We will not hide from their children,
but will recount to generations to come,
the praises of the Lord and his power
and the wonderful works he has done.
He laid a solemn charge on Jacob
and made it a law in Israel,
which he commanded them to teach their children,
3. That the generations to come might know,
and the children yet unborn,
that they in turn might tell it to their children;
So that they might put their trust in God
and not forget the deeds of God,
but keep his commandments.

Music by Gerry Fitzpatrick.

SECOND READING 1 *Thessalonians* 4. 9-18

A reading from the First Letter of Paul to the Thessalonians, chapter 4 beginning at verse 9.

Now concerning love of the brothers and sisters, you do not need to have anyone write to you, for you yourselves have been taught by God to love one another; and indeed you do love all the brothers and sisters throughout Macedonia. But we urge you, beloved, to do so more and more, to aspire to live quietly, to mind your own affairs, and to work with your hands, as we directed you, so that you may behave properly towards outsiders and be dependent on no one.

But we do not want you to be uninformed, brothers and sisters, about those who have died, so that you may not grieve as others do who have no hope. For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have died. For this we declare to you by the word of the Lord, that we who are alive, who are left until the coming of the Lord, will by no means precede those who have died. For the Lord himself, with a cry of command, with the archangel's call and with the sound of God's trumpet, will descend from heaven, and the dead in Christ will rise first. Then we who are alive, who are left, will be caught up in the clouds together with them to meet the Lord in the air; and so we will be with the Lord for ever. Therefore encourage one another with these words.

This is the word of the Lord.

Thanks be to God.

GOSPEL READING *Matthew 25. 1-13 Please stand*

The Lord be with you.

And also with you.

The Gospel of our Lord Jesus Christ according to Matthew, chapter 25 beginning at verse 1.

Glory to you, Lord Jesus Christ.

‘Then the kingdom of heaven will be like this. Ten bridesmaids took their lamps and went to meet the bridegroom. Five of them were foolish, and five were wise. When the foolish took their lamps, they took no oil with them; but the wise took flasks of oil with their lamps. As the bridegroom was delayed, all of them became drowsy and slept. But at midnight there was a shout, “Look! Here is the bridegroom! Come out to meet him.” Then all those bridesmaids got up and trimmed their lamps. The foolish said to the wise, “Give us some of your oil, for our lamps are going out.” But the wise replied, “No! there will not be enough for you and for us; you had better go to the dealers and buy some for yourselves.” And while they went to buy it, the bridegroom came, and those who were ready went with him into the wedding banquet; and the door was shut. Later the other bridesmaids came also, saying, “Lord, lord, open to us.” But he replied, “Truly I tell you, I do not know you.” Keep awake therefore, for you know neither the day nor the hour.

This is the Gospel of the Lord.

Praise to you, Lord Jesus Christ.

SERMON *Please sit*

Please refer to Bishop’s Sermon via Facebook or Youtube if you are participating with us remotely.

PROFESSION OF FAITH *Please stand*

Let us together affirm the faith of the Church:

We believe in one God, the Father, the almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father; through him all things were made.

For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen

THE PRAYERS OF THE PEOPLE

Let us pray for the world and the Church...

*The intercessions will be led by one of our congregation members.
The response to the petitions*

if you are participating with us remotely Please spend some time in silence and intercession prayers. Please refer to page 18 for prayer points and this simple prayer during this time of COVID-19

Gracious and Loving God, bless the people of the Diocese of Ballarat and the communities of western Victoria. Guard all our people. Guide our leaders. Teach us to exercise our freedoms with responsibility for all our neighbours. Bless us with hope and peace, for Jesus' sake. Amen.

The priest will conclude the intercessions by saying

Almighty God, you have promised to hear our prayers.
Grant that what we have asked in faith we may by your grace receive, through Jesus Christ our Lord. Amen.

THE GREETING OF PEACE *Please stand*

We are the body of Christ.

His Spirit is with us.

The peace of the Lord be always with you.

And also with you.

Due to the current restrictions, you may be "creative" in exchanging a sign of peace while maintaining social distancing restrictions.

Please sit while the altar is prepared for the Eucharist

ORGAN PRELUDE

PRAYER OVER THE GIFTS

Holy God, pour upon the poverty of our offerings the riches of your grace, and by the power of the Holy Spirit, make yourself known to us in broken bread and wine that is shared.

Blessed be God for ever.

THE GREAT THANKSGIVING

You are invited to stand throughout the Prayer of Great Thanksgiving, as members of God's family gathered around the Altar. Should you want to kneel, then please do so after the said Sanctus & Benedictus 'Holy, Holy, Holy Lord'

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is right to praise you, faithful God, always and everywhere, for with your only begotten Son and life-giving Spirit, you are the one true God from everlasting to everlasting.

At the dawn of time you wrought from nothing a universe of beauty and splendour, bringing light from darkness and order from chaos. You formed us, male and female, in your image, and endowed us with creative power.

We turned away from you but you did not abandon us. You called us by name and searched us out, making a covenant of mercy, giving the law, and teaching justice by the prophets.

And so we praise you, joining with your faithful people of every time and place, singing the eternal song:

Holy, holy, holy Lord, God of power and might,

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

When the fullness of time was come, you sent your Son to be born of Mary. Bright image of your glory, he learnt obedience to you in all things, even to death on a cross, breaking the power of evil, freeing us from sin, and putting death to flight. You raised him from death, exalting him to glory, and the new day dawned.

On the night he was betrayed your Son Jesus Christ shared food with his friends, his companions on the way. While at table he took bread, blessed, and broke it, and giving it to them, said: 'Take, eat; this is my body.' He took a cup of wine, and, giving thanks, he gave it to them, and said, 'This is my blood of the covenant, which is poured out for many. Do this in remembrance of me.'

Therefore, living God, as we obey his command, we remember his life of obedience to you, his suffering and death, his resurrection and exaltation, and his promise to be with us for ever. With this bread and this cup we celebrate his saving death until he comes.

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

Accept, we pray, our sacrifice of praise and thanksgiving, and send your Holy Spirit upon us and our celebration that all who eat and drink at this table may be strengthened by Christ's body and blood to serve you in the world.

As one body and one holy people, may we proclaim the everlasting gospel of Jesus Christ our Lord, through whom, with whom, and in whom, in the unity of the Holy Spirit, all glory is yours, eternal God, now and for ever.

Blessing and honour and glory and power are yours for ever and ever. Amen.

THE LORD'S PRAYER

As our Saviour Christ has taught us, we are confident to pray;

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

Deliver us, Lord, from every evil, and grant us your peace in our day. In your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Saviour, Jesus Christ.

For the kingdom, the power, and the glory are yours now and for ever. Amen.

THE BREAKING OF THE BREAD AND THE COMMUNION

We break this bread to share in the body of Christ.

We who are many are one body

for we all share in the one bread.

AGNUS DEI

Lamb of God, you take away the sins of the world: have mercy on us

Lamb of God, you take away the sins of the world: have mercy on us

Lamb of God, you take away the sins of the world: grant us your peace

INVITATION TO COMMUNION

Jesus is the Lamb of God who takes away the sins of the world. Happy are those who are called to his supper.

Lord, I am not worthy to receive you, but only say the word, and I shall be healed.

Draw near with faith, to feed on Christ in your hearts with thanksgiving.

Please come forward to receive Holy Communion or a blessing. The Anglican Communion welcomes members of other Christian Churches to receive Holy Communion with us if they receive the Sacrament in their own church.

COMMUNION MUSIC

if you are participating with us remotely

Act of Spiritual Communion at home – St Alphonsus Ligouri

At this time, we cannot receive you Lord Jesus sacramentally in the Eucharist. Help us to welcome you spiritually as we wait for the day when your saving Sacrifice will be offered and the divine Banquet will be spread in our churches once more.

You are the Lamb of God who take away the sins of the world. Blessed are those who are called to the supper of the Lamb. Lord, I am not worthy that you should enter under my roof. But only say the word and I shall be healed.

My Jesus, come to me. I long for you; let me always be at one with you.

THE SENDING OUT OF GOD'S PEOPLE

PRAYER AFTER COMMUNION *Please stand*

Gracious God, we thank you that in this sacrament you assure us of your goodness and love. Accept our sacrifice of praise and thanksgiving and help us to grow in love and obedience that we may serve you in the world and finally be brought to that table where all your saints feast with you for ever.

Father, we offer ourselves to you as a living sacrifice through Jesus Christ our Lord. Send us out in the power of your Spirit to live and work to your praise and glory.

Notices and announcements

THE BLESSING & DISMISSAL

The peace of God which passes all understanding keep your hearts and minds in the knowledge and love of God, and of his Son, Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord.

In the name of Christ. Amen.

POSTLUDE MUSIC

*Humoresque "L'organo primitive" Toccatina for Flutes
by Pietro Alessandro Yon 1886-1943.*

*Please remain standing for the procession from the Church. You are welcome to **leave quietly during the postlude.***

If you are here for the first time and would like further contact from the Cathedral clergy, please complete the Welcome card available at the back of the Cathedral and hand it to one of the ushers or to the clergy.

For Your Prayers

The World: We pray for...

- For a just, honest and peaceful election outcome in the US following their recent presidential election
- People to be sensible, work together and be responsible in helping to stop the spread of Corona virus.

The Church: We pray for...

- The Church in the Province of the West Indies - The Most Revd Howard Gregory - Primate and Bishop of Jamaica and the Cayman Islands.
- St Peter's Ballarat: Fr Graham Reynolds, & Fr Barry Wells (Assisting).
- Our Sister Diocese of Aipo Rongo, especially the people of Goroka.
- All those who minister to the sick throughout the Diocese.
- Peace between nations.

The Community: We pray for...

- For our local hospitals doctors, nurses, and ambulance officers.

Those who have asked for our prayers: We pray for...

Gary, Pauline, Fr Peter, Anna, Tom, Roger, Sarah, Annette, Kevin, Mike, Ian, Andrew, Craig, Dianne, Winsome, Sarah, Luke, Caroline, Adrian, Josephine, John, Chris, Brenda, Ann, Lucas *and for all those known to us who are sick or suffering.*

Thanksgiving for those who have died recently:

Year's Mind: Henry Roberts, Ellen Chard, Alice Grove, George Bromley, & Thomas Kerr whose anniversaries occur at this time.

Prayer for a new Dean

Bountiful God, give to this Cathedral a faithful pastor who will faithfully speak your word and minister your sacraments; an encourager who will equip your people for ministry and enable us to fulfil our calling. Give to those who will choose, wisdom, discernment and patience, and to us give warm and generous hearts, for Jesus Christ's sake. Amen.

Notices & Announcements

Due to the current restrictions, the Cathedral is opened during these hours:

Mondays to Fridays

Holy Eucharist – 12.10pm

Mondays to Thursdays

Evening Prayer – 5pm

Sundays

Holy Eucharist (BCP) – 8am

Holy Eucharist with music – 10am

Holy Eucharist – 5pm (until further notice)

With a slight change to the current COVIDSafe requirements, only 20 congregants plus one faith leader is allowed. As a result, to adapt to our liturgical settings and music at the Cathedral, we can only accommodate 15 congregants for 8am and 10am services respectively. We will also have another Sunday Eucharist celebrated at 5pm until the next announcement is made by the Premier. This will be a said Eucharist and should only take less than 45 minutes. For this celebration, we can accommodate maximum 20 congregants. To make a booking,

PLEASE CALL REGISTRY : 03 5331 1183 OR

EMAIL : thecathedral@ballaratanglican.org.au

HAVE YOU BOOKED YOUR Christ the King Patronal Festival Lunch?

We are planning to have lunch at The Boatshed, Lake Wendouree starting at 11.30am for a 12.30pm lunch. We have tentatively booked for 50 people with a separate marquee setup, overlooking the beautiful Lake Wendouree. If it rains, we are under cover and heaters will be turned on! Details are as follows:

Cost: \$25.00

What's included: A glass of wine with a choice of battered fish and chips OR chicken, sundried tomatoes with creamy mushroom sauce pasta. Dessert generously provided. For additional food/beverage, please pay at the counter when ordering. *Gluten free or any other dietary options available, please let Louise know.*

RSVP: Louise Tonkin – 03 5331 7248 or 0436 009 695 by 16th Nov 2020

Urgent Vacancy

Roster Clerk – Please let Fr Martin know if you would like to help.

Notices & Announcements

Christmas Baking

Due to the present restrictions which have affected church attendances, the Cathedral Shop will not be able to have the usual presentation of Christmas baking this year. However, Joan Worth and Lois will be happy to make "to order" and will arrange appropriate delivery at a suitable time closer to Christmas. Listed below are the items which will be available. Orders can be placed by contacting Lois Byrnes at 03 5336 1094 or 0407 051 952 (you can also SMS)

- Fruit Cakes - 3 sizes - \$10, \$15, \$20
- Mini Fruit Cakes - \$4
- Fruit Mince Pies (6 per pack) - \$5
- Mini Plum Puddings - \$6
- Shortbreads (6 per pack) - \$5

Zoom In-To Pray

These sessions are structured for 30 minutes and they include intercessions, gospel reading, reflections provided by different people from our Diocese and meditative music. Sometimes, we do engage in discussions too.

Zoom In-To Pray: EVERY WED. @ 11AM

<https://us02web.zoom.us/j/81422920172?pwd=bmJocG5vak12NkpNa2V1MlplcTdkOT09>

Meeting ID: 814 2292 0172 Passcode: 6wQrrJ

Zoom In-To Pray: EVERY WED. @ 7.30PM

<https://us02web.zoom.us/j/86180534088?pwd=YnYyajZ5L1g1SWZucVlVUktrVXd2UT09>

Meeting ID: 861 8053 4088 Passcode: 2VwCdF

PLEASE HELP - ABM Mission

Following an extensive research, the Cathedral Council unanimously agreed to support the Anglican Board of Mission's 'Kenya - Disability Inclusion Project'. We aim to raise a contribution of \$2,000 to this fund by 22nd November 2020, the date of the Feast of Christ the King. May I encourage you to contribute as generously as you can towards this worthy project. Donations can be made either through the mission envelopes or by direct electronic transfer to the Cathedral identifying the payment as 'Eldoret'.

Cathedral Directory

Bishop of Ballarat

The Right Reverend Garry Weatherill

Acting Dean

The Bishop

Cathedral Office:

thecathedral@ballaratanglican.org.au

Assistant Curates

The Revd. Martin Nadarajan
0430 003 519

The Revd. Christine Angus
0409 217 321

Associate Clergy

The Revd. Wayne Dorning
The Revd. Graham Reynolds
0407 107 165

The Revd. Roger Dyer
Br Neal Salan OP

The Revd. David Bol Bichok

Cathedral Council

(Meet 3rd Tuesday of the Month)

Secretary: Euan Thompson
Treasurer: Gillian Canavan

Serving Team Coordinator

John Rowlands 0413 955 279

Sacristan

Carole Cracknell

Pew Sheet Editor

Mary Mitchell

Roster Clerk

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Organist Emeritus

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Wayne Mitchell 5338 1742

Floral Coordinator

Carol Greenwood 0412 55 83 44

Prayer Chain

Norma Coffield 0418 515 668

Web Page

www.ballaratanglican.org.au

Facebook Page

www.facebook.com/ballaratanglicancathedral

Diocesan Office

9am-5pm Mon-Fri 5331 1183

Electronic Offertory contributes can be made online:

A/C: Christ Church Cathedral

BSB: 063502

A/C number: 10516638

Readings for 15.11.2020 – 24th Sunday after Pentecost

1st Reading: Judges 4. 1-10

Psalm: Psalm 123

2nd Reading: 1 Thessalonians 5. 1-11

Gospel: Matthew 25. 14-30

We included a simple booklet on Lectio Divina as part of our Care Pack 5 recently and hope you are enjoying the journey so far?

Lectio Divina means holy or divine reading. It is an ancient form of prayer and provides us with a practical format for reading, meditating and engaging with the Word of God. The following acronym **T.A.R.G.E.T** will help to get you started.

Text: Have your chosen text marked and ready to read.

Alone: Find a quiet place where you can be alone and without disturbances.

Relaxed: Relax, be peaceful in mind, body and spirit. *Soft music perhaps.*

God: Acknowledge God's presence and ask for God's grace and the presence of the Holy Spirit.

Enter: *Enter* into prayer by reading your chosen passage slowly. If something strikes you stop. Do not move on, simply *stay* with the phrase or word. *Listen* to how is this phrase or word resonating with you. In what way does it touch your life? Meditate. *Converse* with God about the word or passage and what it has triggered. Tell God what you are thinking or feeling. What help do you need? Be silent. *Rest* in God's presence without words - let the meaning of the phrase or words sink into your life.

Thanksgiving: After you complete your prayer reflect on the *Lectio Divina prayer experience.* Give thanks to God. You may wish journal your experience. Take the significant word or phrase from your reading and repeat it as you go about your daily activities.