



Pathways Monthly Prayer Readings

Mystic of the Month: Julian of Norwich. Julian of Norwich lived through the dreadful bubonic plague that killed close to 50% of Europeans. Being an anchoress, she 'sheltered in place' and developed a deep wisdom that she shared in her book, *Showings*, which was the first book in English by a woman. A theologian way ahead of her time, Julian fostered a spirituality that can survive the trauma of pandemic. While others all about her were freaking out about nature gone awry, Julian kept her spiritual and intellectual composure, staying grounded and true to her belief in the goodness of life, creation, and humanity and, in no uncertain terms, inviting others to do the same. Matthew Fox shares her teachings in his inspiring book, *Julian of Norwich: Wisdom in a Time of Pandemic and Beyond*.

<https://www.matthewfox.org/donation-store/ulszxnfxpzobxqktg43vy823i7h82i>

Julian says, the remedy for making it through hard times is to remember that we are here, why we are here, and what a privilege it is to be part of the vast beauty and goodness of existence.

Tues. May 4, 2021 Contemplative Sit

In Julian's vision of a hazelnut she expresses our oneness with God.

God showed me in my palm a little thing round as a ball about the size of a hazelnut.

I looked at it with the eye of my understanding and ask myself:

"What is this thing?" And I was answered: "It is everything that is created."

I wondered how it could survive, since it seems so little it could suddenly disintegrate into nothing.

The answer came: "It endures and ever will endure, because God loves it."

And so everything has being

because of God's love. —Julian of Norwich

Wed. May 5, 2021 Lectio Divina

John 15:9-17

As Abba has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Abba's commandments and abide in Abba's love.

I have said these things to you so that my joy may be in you, and that your joy may be complete.

"This is my commandment, that you love one another as I have loved you.

No one has greater love than this, to lay down one's life for one's friends.

You are my friends if you do what I command you.

I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Abba. You did not choose me but I chose you.

And I appointed you to go and bear fruit, fruit that will last, so that Abba God will give you whatever you ask in my name.

I am giving you these commands so that you may love one another.

<p>Thur. May 6, 2021 Centering Prayer</p>	<p>Psalm 98 O sing to the Beloved a new song, for Love has done marvelous things! By the strength of your Indwelling Presence, we, too, are called to do great things; we are set free through Love's forgiveness and truth. Yes, your steadfast Love and faithfulness are ever-present gifts in our lives. All the ends of the earth have seen the glory of Love's Eternal Flame. Make a joyful noise to the Beloved all the earth; break forth into grateful song and sing praises! Yes, sing songs of praise extolling Love's way; lift up your hearts with gratitude and joy! Let the voices of all people blend in harmony, in unison let the people magnify the Beloved! Let the sea laugh, and all that fills it; the world and those who dwell in it! Let the waters clap their hands; let the hills ring out with joy Before the Beloved, who radiates Love to all the earth. For Love reigns over the world with truth and justice bringing order and balance to all of Creation. -Psalms for Praying, Nan C. Merrill</p>
<p>Tues May 11, 2021 Contemplative Sit</p>	<p>Julian invented the word oneing in English. "In our creation we were knit and oned to God. By this we are kept as luminous and noble as when we were created. By the force of this precious oneing we love, see, praise, thank and endlessly enjoy our Creator." "Between God and our soul...there is no between." —Julian of Norwich</p>
<p>Wed. May 12, 2021 Lectio Divina</p>	<p>John 17:6-11 "I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Abba, protect them in your name that you have given me, so that they may be one, as we are one.</p>

<p>Thur. May 13, 2021 Centering Prayer</p>	<p>Psalm 1 Blessed are those who walk hand-in-hand with goodness, who stand beside virtue, who sit in the seat of truth; For their delight is in the Spirit of Love, and in Love's heart they dwell day and night. They are like trees planted by streams of water, that yield fruit in due season, and their leaves flourish; And in all they do, they give life. The unloving or not so; they are like dandelions which the wind blows away. Turning from the Heart of Love they will know suffering in pain. They will be isolated from wisdom; for Love knows the way of truth, the way of ignorance will perish.</p>
<p>Tues. May 18, 2021 Contemplative Sit</p>	<p>The first good thing is the goodness of nature. God is the same thing as nature. The goodness in nature is God. God feels great delight to be our Father. God feels great delight to be our Mother. We experience a wondrous mix of well and woe. The mingling of both well and distress in us is so astonishing that we can hardly tell which state we or our neighbor are in— that's how astonishing it is!" —Julian of Norwich</p>
<p>Wed. May 19, 2021 Lectio Divina</p>	<p>John 15:26-27 "When the Advocate comes, whom I will send to you from the Father, the Spirit of truth who comes from the Father, he will testify on my behalf. You also are to testify because you have been with me from the beginning."</p>
<p>Thur. May 20, 2021 Centering Prayer (May 23, Pentecost)</p>	<p>Psalm 104:24-35 The glory of the Radiant One endures forever, For the works of Love are sure. You are ever-present to us, even as the earth trembles, even as the mountains spew forth ashes and smoke! I will abandon myself into your hands as long as I live;</p>

	<p>I will sing praise to You while I have breath. May my meditations be pleasing to You, for I rejoice and am glad in You. May all who feel separated from You open their hearts to new Life! Praise the Creator of the Universe! Bless the Heart of my heart, O my soul! -<i>Psalms for Praying</i>, Nan C. Merrill</p>
<p>Tues. May 25, 2021 Contemplative Sit</p>	<p>God is all that is good. God has created all that is made. God loves all that God has created.</p> <p>All those who are on the spiritual path contain the whole of creation, and the Creator. That is because God is inside us, and inside God is everything. And so whoever loves God loves all that is. —Julian of Norwich</p> <p>We are all one in love. . . . When I look at myself as an individual, I see that I am nothing. It is only in unity with my fellow spiritual seekers that I am anything at all. It is this foundation of unity that will save humanity. —Julian of Norwich</p>
<p>Wed. May 26, 2021 Lectio Divina</p>	<p>John 3:1-8 Now there was a Pharisee named Nicodemus. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”</p>

Thur. May 27, 2021 Centering Prayer

Psalm 29

Give praise to the Beloved, O heavenly hosts,

Sing of Love's glory and strength.

Exalt the glory of Love's Name;

Adore the Beloved in holy splendor.

The voice of the Beloved is upon the waters;

Love's voice echoes over the oceans and seas.

The voice of Love is powerful,

majestic is the heart of Love.

The mercy of the Beloved breaks the bonds of oppression,

shatters the chains of injustice.

Love invites all to the dance of freedom,

to sing the Beloved's song of truth.

The voice of Love strikes with fire upon hearts of stone.

The voice of Love uproots the thorns of fear,

Love uproots fear in every open heart.

The voice of Love is heard in every storm,

and strips the ego bare;

And in the heart's chapel, all cry, "Peace and Glory forever!"

The Beloved lives in our hearts;

Love dwells with us forever,

You who awaken to the Light

of universal Oneness

will know the blessed joy

of serving in the great Work of Love. -*Psalms for Praying*, Nan C. Merrill

All will be well, and all will be well, and every kind of thing will be well.—Julian of Norwich, *Showings*