



Pathways Monthly Prayer Readings

October 2021

Tuesday, Month of October
Contemplative Sit Practice

Our contemplative practice for October- Listening Meditation for Connecting
This meditation invites us to witness the joys and pains that we hold in our bodies, our hearts, our joints, our cells. Gently close your eyes. Breath in and out. Feel the rise and fall of your chest.

Where is your pain?

Hold your pain.

Where is the pain of another?

Hold their pain.

Where are we connected?

Hold our pain.

Notice any tension around your heart.

Let it melt away.

Where is your joy?

Cherish your joy.

Where is the joy of another?

Cherish their joy.

Where are we connected?

Cherish our joy.

We enter into the silence holding each other in our sacred cosmic connection.

Inspired by Barbara Holmes <https://www.youtube.com/watch?v=DivHxYL52Fg&t=63s>

Wed. October 6, 2021 Lectio Divina

Hebrews 4:12-16

God's word is living and active, sharper than any double-edged sword. It pierces so deeply that it divides even soul and spirit, bone and marrow, and is able to judge the thoughts and intentions of the heart. Nothing is concealed from God; all lies bare and exposed before the eyes of the One to whom we have to render an account. Since, then, we have a great high priest who has passed through the heavens-Jesus, the Firstborn of God- let us hold fast to our profession of faith. For we don't have a high priest who is unable to sympathize with our weaknesses, but one who was tempted in every way that we are, yet never sinned. So let us confidently approach the throne of grace to receive mercy and favor, and find help in time of need.
-Inclusive Bible

<p>Thur. October 7, 2021 Centering Prayer</p>	<p>Psalm 90:12,14 Make us realize how short life is that we may gain wisdom of heart. When morning comes, fill us with your love, and we will celebrate all our days. -Inclusive Bible</p>
<p>Wed. October 13, 2021 Lectio Divina</p>	<p>Mark 10:35-45 Zebedee's children, James and John, approached Jesus. "Teacher, we want you to grant our request." "What is it?" Jesus asked. They replied, "See to it that we sit next to you, one at your right hand and one at your left, when you come into your glory." Jesus told them, "You do not know what you are asking. Can you drink the cup that I will drink, or be baptized in the same baptism as I?" "We can," they replied. Jesus said in response, "From the cup I drink of, you will drink; the baptism I am immersed in, you will share. But as for sitting at my right hand or my left, that is not mine to give; it is for those to whom it has been reserved." The other ten, on hearing this, became indignant at James and John. Jesus called them together and said, "You know how among the Gentiles those who exercise authority are domineering and arrogant; those 'great ones' know how to make their own importance felt. But it can't be like that with you. Anyone among you who aspires to greatness must serve the rest; whoever wants to rank first among you must serve the needs of all. The Promised One has come not to be served, but to serve-to give one life in ransom for many." -Inclusive Bible</p>
<p>Thur. October 14, 2021 Centering Prayer</p>	<p>Psalm 91:9-16 Because you have made me your refuge and have me as your stronghold, no evil will befall you, and no disaster will come near your tent. For I will command my angels to guard you wherever you go. They'll carry you in their hands so you don't hurt your foot on a stone. You'll tread on the young lion as easily as one does a cobra; you'll trample down both lion and serpent. Because you love me, I will deliver you; I will rescue you because you acknowledge my Name. You will call upon me, and I will answer you; I will be with you in trouble; I will deliver you and honor you. I will satisfy you with a long life and show you my salvation. -Inclusive Bible</p>

<p>Wed. October 20, 2021 Lectio Divina</p>	<p>Mark 10:46-52 They came to Jericho. As Jesus was leaving Jericho with the disciples and a large crowd, a blind beggar named Bartimaeus ben-Timaeus, was sitting at the side of the road. When he heard that it was Jesus of Nazareth, he began to shout and to say, "Heir of David, Jesus have pity on me! "Many people scolded him and told him to be quiet, but he shouted all the louder, "Heir of David, have pity on me!" Jesus stopped and said, "Call him here." So they called the blind man. "Don't be afraid," they said. "Get up; Jesus is calling you." So throwing off his cloak, Bartimaeus jumped up and went to Jesus. Then Jesus said, "What do you want me to do for you?" "Rabbuni," the blind man said, "I want to see." Jesus replied, "Go; your faith has saved you." And immediately Bartimaeus received the gift of sight and began to follow Jesus along the road. -Inclusive Bible</p>
<p>Thur. October 21, 2021 Centering Prayer</p>	<p>Psalm 126 When YHWH brought us captives back to Zion, we thought we were dreaming. Our mouths were filled with laughter then, our tongues with songs of joy. And from the nations we heard, "Their God has done great things for them." Yes-YHWH has done great things for us, and we are filled with joy. Now set our captive hearts free, YHWH! Make them like streams in the driest desert! Then those who now sow in tears Will reap with shouts of joy; those who go out weeping as they carry their seed for sowing Will come back with shouts of joy, as they carry their harvest home. -Inclusive Bible</p>
<p>Wed. October 27, 2021 Lectio</p>	<p>Mark 12:28-34 One of the religious scholars who had listened to them debating and had observed how well Jesus had answered them, now came up and put a question to him: "Which is the foremost of all the commandments?" Jesus replied, "This is the foremost: 'Hear, O Israel: God, our God, is one. You must love the Most High God with all your heart, with all your soul, with all your mind, and with all your strength." The second is this, 'You must love your neighbor as yourself.'</p>

	<p>There is no other commandment greater than these." The scholar said to Jesus, "Well spoken, Teacher! What you have said is true: the Most High is one and there is no other. To love God with all your heart, with all your understanding and strength and to love your neighbor as yourself-this is far more important than any burnt offering sacrifice." Jesus, seeing how wisely this scholar had spoken, said, "You are not far from the kingdom of God." After that no one dared to question Jesus anymore. -Inclusive Bible</p>
<p>Thur. October 28, 2021 Centering Prayer</p>	<p>Psalms 119:1-8 Happiness comes to those whose way is blameless, who walk in your Law, YHWH. Happiness comes to those who keep your decrees, and seek you with all their heart, and do no wrong, but walk in your ways. You have commanded that your precepts be kept diligently- if only I were more faithful in keeping your statutes! Then I wouldn't feel so ashamed when I look at all your commands. I will thank you with an upright heart, when I truly learn to be as just as you want me to be. I will obey your statutes; do not utterly forsake me. -Inclusive Bible</p>