



Pathways Monthly Prayer Readings

October 2024

Tuesday, October 1
Contemplative Sit

*Every person needs to take one day away.
A day in which one consciously separates the past from the future.
Jobs, family, employers, and friends can exist one day without any one of us,
and if our egos permit us to confess, they could exist eternally in our absence.
Each person deserves a day away in which no problems are confronted,
no solutions searched for.
Each of us needs to withdraw from the cares which will not withdraw from us.*

Maya Angelou, Wouldn't Take Nothing for My Journey Now

Wednesday, October 2
Lectio Divina

Mark 10:13-16
People were bringing children to Jesus in order that he might touch them, and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, "Let the children come to me; do not stop them, for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." And he took them up in his arms, laid his hands on them, and blessed them. (NRSV)

Thursday, October 3
Centering Prayer

Psalm 8:1-2
O God, our Sovereign,
how exalted is your Name in all the world!
Out of the mouths of infants and children,
your majesty is praised above the heavens. (Saint Helena Psalter)

Tuesday, October 8
Contemplative Sit

We need to remember and to teach our children that solitude can be a much-to-be-desired condition. Not only is it acceptable to be alone, at times it is positively to be wished for...In the silence we listen to ourselves. Then we ask questions of ourselves. We describe ourselves, and in the quietude we may even hear the voice of God"

Maya Angelou, Even the Stars Look Lonesome

Wednesday, October 9
Lectio Divina

Mark 10:25-27
Jesus said, "It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God."
The disciples were greatly astounded and said to one another, "Then who can be saved?"
Jesus looked at them and said, "For mortals it is impossible, but not for God; for God all things are possible." (NRSV)

<p>Thursday, October 10 Centering Prayer</p>	<p>Psalm 90:12-14 So teach us to number our days that we may apply our hearts to wisdom. Return, O God; how long will you tarry? Be gracious to your servants. Satisfy us by your loving-kindness in the morning; so shall we rejoice and be glad all the days of our life. (Saint Helena Psalter)</p>
<p>Tuesday, October 15 Contemplative Sit</p>	<p><i>While I know myself as a creation of God, I am also obligated to realize and remember that everyone else and everything else are also God's creation.</i> Maya Angelou</p>
<p>Wednesday, October 16 Lectio Divina</p>	<p>Mark 10:43b-45 Whoever wants to be great among you will be your servant. Whoever wants to be first among you will be the slave of all, for the Human One didn't come to be served but rather to serve and to give his life to liberate many people." (CEB)</p>
<p>Thursday, October 17 Centering Prayer</p>	<p>Psalm 104:1-2 Bless the Holy One, O my soul; O God, how excellent is your greatness; you are clothed with majesty and splendor. You wrap yourself with light as with a cloak, you spread out the heavens like a curtain. (St. Helena Psalter)</p>
<p>Tuesday, October 22 Contemplative Sit</p>	<p>Open your eyes to the beauty around you, open your mind to the wonders of life, open your heart to those who love you, and always be true to yourself. Maya Angelou</p>
<p>Wednesday, October 23 Lectio</p>	<p>As Jesus and his disciples and a large crowd were leaving Jericho, Bartimaeus...was sitting by the roadside... Then Jesus said to him, "What do you want me to do for you?" The blind man said to him, "My teacher, let me see again." Jesus said to him, "Go; your faith has made you well." Immediately he regained his sight and followed him on the way. Mark 10:46, 51-52 (CEB)</p>
<p>Thursday, October 24 Centering Prayer</p>	<p>Psalm 126:1-3 When God restored the fortunes of Zion,</p>

	<p>then were we like those who dream. Then was our mouth filled with laughter, and our tongue with shouts of joy</p>
<p>Tuesday, October 29 Contemplative Sit</p>	<p><i>Love heals. Heals and liberates. I use the word love, not meaning sentimentality, but a condition so strong that it may be that which holds the stars in their heavenly positions and that which causes the blood to flow orderly in our veins.</i> Maya Angelou, <u>Mom & Me & Mom</u></p>
<p>Wednesday, October 30 Lectio</p>	<p>Mark 12:28-34 One of the religious scholars...now came up and put a question to him: "Which is the foremost of all the commandments?"</p> <p>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.' There is no other commandment greater than these." (The Inclusive Bible)</p>
<p>Thursday, October 31 Centering Prayer</p>	<p>Psalm 146:7-9 God sets the prisoners free and opens the eyes of the blind, God lifts up those who are bowed down. God loves the righteous and cares for the stranger. God sustains the orphan and widow, but frustrates the way of the wicked. God shall reign for ever, your God, O Zion, throughout all generations. Alleluia! (Saint Helena Psalter)</p>