



## Pathways Monthly Prayer Readings

### February 2022

Tuesday, Month of February  
Contemplative Sit Practice

Our contemplative practice for February is Receiving Love.  
*Catholic writer about the new cosmology Judy Cannato (1949–2011) suggests a practice of being on the “receiving end” of Love, which is essential to participating in the trinitarian flow. She writes:*

The entire history of the universe has been the history of the outpouring of love. Karl Rahner reminded us that grace is nothing other than the Divine’s self-communication in love. God creates in order to give God’s self away in love. All that creation has ever been invited to do is accept this gift of love. . . . Unfortunately, in our orientation toward action, we have forgotten that we are merely receivers. . . .

Being loved disarms us, brushes away our ego defenses, and then exposes us not only to the other, but to ourselves. And it is from ourselves that we most often hide our gaze. . . . Everywhere the Holy One is shouting and whispering, “Let me love you.” And all that is asked of us is to receive. In reality, that is our life’s work. Nothing more and certainly nothing less.

*Cannato encourages readers to practice receiving love from both God and people in our lives:*

Try this exercise: sit quietly and bring to mind those who care for you—in the present and in the past. As you recall each person, receive the love that is there for you. Let it into your heart. Even if someone has a quirky way of showing love, receive the love. Sift through the dysfunction if you have to, but receive the love. Never mind if the person has never said, “I love you.” Receive the love, one by one. Hold all that love in your heart. Let it penetrate your whole being. How does it feel to consciously, intentionally receive all of that love? Can you allow that to sustain your journey for today?

[Receiving Love Contemplative Practice](#)

Wed. Feb. 2, 2022 Lectio

**Luke 5:1-11** (Inclusive Bible)  
One day Jesus was standing beside the lake of Gennesaret, and the crowd pressed in on him to hear the word of God. He saw two boats moored by the side of the lake; the fishermen had d were washing their nets. Jesus stepped into one of the boats, the one belonging to Simon, and asked him to pull out a short distance from the shore; then remaining seated, he continued to teach the crowds from the boat. When he had finished speaking, he said to Simon, "Pull out into deep water and lower your nets for a catch." Simon answered, "Rabbi, we’ve been working all night long and have caught nothing; but if you say so, I’ll lower the nets." Upon doing so, they caught such a great number of fish that their nets were at the breaking point. They signaled to their mates in the other boat to come and help them, and together they filled the two boats until they both nearly sank. After Simon saw what had happened, he was filled with awe and fell down before Jesus, saying, "Leave me, Rabbi, for I’m a sinner." For Simon and his shipmates were astonished at the size of the catch they had made, as were James and John, Zebedee’s sons, who were Simon’s partners. Jesus said to Simon, "Don’t be afraid; from now on you’ll fish among humankind." And when they brought their boats to the shore, they left everything and followed him.

<p>Thur. Feb. 3, 2022 Centering Prayer</p>	<p><b>Psalm 138</b> I give You thanks, O Blessed One, with my whole heart; before all the people I sing your praise. I was humbled when I came to see that You dwell in me, in the Sacred Chapel of all souls; my gratitude knows no bounds! For You are the Holy One, the Life of our life. On the day that I called, You answered me; the strength of my soul You increased. All the leaders of the earth shall one day praise You, when your Spirit Awakens in every heart... You do not forsake those who call upon You. Your steadfast Love and Truth endure forever. -Psalms for Praying © 2007 Nan C. Merrill</p>
<p>Wed. Feb. 9, 2022 Lectio</p>	<p><b>Luke 6:17-26 Beatitudes</b> (Inclusive Bible) Coming down the mountain with them, Jesus stopped in a level area where there were a great number of disciples. A large crowd of people was with them from Jerusalem and all over Judea, to as far north as the coastal region of Tyre and Sidon-people who had come to hear Jesus and to be healed of their diseases, and even to be freed from unclean spirits. Indeed, the whole crowd was trying to touch Jesus, because power was coming out of him and healing them all.</p> <p>Looking at the disciples, Jesus said: "You who are poor are blessed, for the reign of God is yours. You who are hungry now are blessed, for you'll be filled. You who weep now are blessed, for you'll laugh. You are blessed when people hate you, when they scorn and insult you and spurn your name as evil because of the Chosen One. On the day they do so, rejoice and be glad: your reward will be great in heaven, for their ancestors treated the prophets the same way. But woe to you, rich, for you are now receiving your comfort in full. Woe to you who are full, for you'll go hungry. Woe to you who laugh now, for you will weep in your grief. Woe to you when all speak well of you, for their ancestors treated the false prophets in the same way."</p>
<p>Thur. Feb. 10, 2022 Centering Prayer</p>	<p><b>Jeremiah 17:7-8</b> (Inclusive Bible) Blessed are those who put their trust in God, with God for their hope. They are like a tree planted by the river, that sends out its roots toward the stream. When the heat comes, it feels no heat; its leaves stay green. It is untroubled in a year of drought it is not anxious, and never ceases to bear fruit.</p>

	<p><b>Psalm 1</b>  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 that they do, they give life.  -Psalms for Praying © 2007 Nan C. Merrill</p>
<p>Wed. Feb. 16, 2022 Lectio  Genesis 45:3-11, 15 Joseph's mercy</p>	<p><b>Luke 6:27-38</b> (Inclusive Bible)  and Jesus said, "To you who hear me, I say: love your enemies. Do good to those who hate you, bless those who curse you, and pray for those who mistreat you. When they slap you on one cheek, turn and give them the other; when they take your coat, let them have your shirt as well. Give to all who beg from you. When someone takes what is yours, don't demand it back."  "Do to others what you would have them do to you. If you love those who love you, what credit does that do to you? Even sinners love those who love them. If you do good only to those who do good to you, what credit does that do you? Even sinners do as much. If you lend to those you expect to repay you, what credit does that do you? Even sinners lend to other sinners, expecting to be repaid in full.  Love your enemies and do good to them. Lend without expecting repayment, and your reward will be great. You'll rightly be called children of the Most High, since God is good even to the ungrateful and the wicked. Be compassionate (merciful), as your loving God is compassionate (merciful).  Don't judge, and you won't be judged. Don't condemn, and you won't be condemned. Pardon, and you'll be pardoned. Give, and it will be given to you: a full measure-packed down, shaken together and running over-will be poured into your lap. For the amount you measure out is the amount you'll be given back."</p>
<p>Thur. Feb. 17, 2022  Centering Prayer  Psalm</p>	<p><b>Psalm 37:1-9</b>  Trust in the Most High and seek goodness; live harmoniously upon the earth in peace in with assurance.  Take delight in the Beloved and enjoy the bountiful gifts of love.  Commit your life to the Beloved, confident that love will act on your behalf,  making clear your pathway, bright as the sun at midday.  Be still before the Beloved, and wait quietly in the Silence.  Pray for those who prosper by deceitful means, and for those who live by their own devices.  Recognize your anger as unfulfilled desire, and lift your thoughts to higher planes;  For those who act out of anger, separate themselves from love;  while those who live in harmony, shall know peace, assurance, gratitude, and love-  -Psalms for Praying © 2007 Nan C. Merrill</p>
<p>Wed. Feb. 23, 2022 Lectio  Transfiguration  <b>Exodus 34:29-35 Moses Face Shining</b></p>	<p><b>Luke 9:28-36</b> (Inclusive Bible)  Jesus took Peter and John and James, and went up on a mountain to pray. While Jesus was praying, his face changed in appearance and the clothes he wore became dazzling white.  Suddenly two people were there talking with Jesus - Moses and Elijah. They appeared in glory and spoke of the prophecy that Jesus was about to fulfill in Jerusalem.  Peter and the others had already fallen into a deep sleep, but awakening, they saw Jesus' glory-and the two people who were standing next to him. When the two were leaving, Peter said to Jesus, "Rabbi, how</p>

	<p>good it is for us to be here! Let's set up three tents, one for you, one for Moses and one for Elijah!" Peter didn't really know what he was saying.</p> <p>While Peter was speaking, a cloud came and overshadowed them and the disciples grew fearful as the others entered it. Then from the cloud came a voice which said, "This is my Own, my Chosen. Listen to him!" When the voice finished speaking, they saw no one but Jesus standing there. The disciples kept quiet, telling nothing of what they had seen at that time to anyone.</p>
<p>Thur. Feb. 24, 2022 Centering Prayer</p>	<p><b>Psalm 99</b></p> <p>Awaken, O you people! Entrust your hearts to Love.  For the Beloved reigns supreme; let all the earth give thanks!  Your unseen Presence is great in the land;  You sit with the leaders of nations.  Let them be silent and guided by your Voice! Holy are You!  You are mighty and love justice,      You establish equity;  Out of the Silence, your Word can be heard in the land  inviting the nations to live in peace.  Listen O you people! Open your hearts to the Beloved,  that Truth may be born anew!  Many who have gone before you followed the Beloved's Voice,  the unknown saints of all generations.  They surrendered themselves into the Beloved's hands, and walked with confidence.  They were guided through difficult times, keeping to Love's way, and trusting in Love's promises.  O Heart of all hearts, You answered their prayers;  With mercy, You forgave them their wrongdoings, always inviting them to new life.  Sing praises to the Beloved, and aspire to ascend the holy mountain.  Holy are You, O Giver of Life!  <i>-Psalms for Praying © 2007 Nan C. Merrill</i></p>