



## Pathways Monthly Prayer Readings

September 2021

Tuesday, Month of September  
Contemplative Sit Practice

Our contemplative practice for September is a Listening Meditation for Grounding. This practice encourages us to find ourselves and each other in our deepest heart— a place where, in the words of the mystic St. Catherine of Genoa, "my 'me' is God nor do I recognize any other 'me' except my God."

Gently close your eyes and feel the gentleness of breath inside your body as these words are repeated:

My deepest me is... Love  
My deepest me is... Whole  
My deepest me is... Limitless  
My deepest me is... Infinite  
My deepest me is... Compassion  
My deepest me is... Sacred  
My deepest me is... Mystery  
My deepest me is... Forgiveness  
My deepest me is... Beauty  
My deepest me is... God  
My deepest me has knowledge to give  
I open my heart and listen...

Wed. September 1, 2021 Lectio  
Divina

### Mark 7:31-37

Jesus left the region of Tyre and returned by way of Sidon to the Sea of Galilee. Some people brought an individual who was deaf and had a speech impediment, and begged Jesus to lay hands on that person. Jesus took the afflicted one aside, away from the crowd, put his fingers into the deaf ears and, spitting, touched the mute tongue with his saliva. Then Jesus looked up to heaven and, with a deep sigh, said "Ephphatha," that is, "Be opened." At once the deaf ears were opened and the impediment cured; the one who had been healed began to speak plainly.

Then Jesus warned them not to tell anyone; but the more he ordered them not to, the more they proclaimed it. Their amazement went beyond all bounds: "He has done everything well!" He even makes the deaf hear and the mute speak!" -Inclusive Bible

<p>Thur. September 2, 2021 Centering Prayer</p>	<p><u>Isaiah 35:4-7a</u>  Say to all those faint of heart:  "Take courage! Do not be afraid!  Look, YHWH is coming...  God is coming to save you!"</p> <p>Then the eyes of the blind will be opened,  the ears of the deaf will be unsealed.  Then those who cannot walk will leap like the deer  and the tongues of those who cannot speak will sing for joy.  Waters will break forth in the wilderness,  and there will be streams in the desert.  The scorched earth will become a lake;  the parched lands, springs of water. Inclusive Bible</p>
<p>Wed. September 8, 2021 Lectio Divina</p>	<p><u>Wisdom of Solomon 7:26 - 8:1</u>  She is the light that shines forth from everlasting light,  the flawless mirror of the dynamism of God and the perfect image of the Holy One's goodness.  Though alone of Her kind, She can do all things;  though unchanging, She renews all things;  generation after generation, She enter into holy souls  and makes them friends of God and prophets,  for God loves the one  who finds a home in Wisdom.  She is more beautiful than the sun,  and more magnificent than all the stars in the sky.  When compared with daylight,  She excels in every way, for the day always gives way to night,  but Wisdom ever gives way to evil.  She stretches forth Her power  from one end of the earth to the other  and gently puts all things in their proper place. -Inclusive Bible</p>
<p>Thur. September 9, 2021 Centering Prayer</p>	<p><u>Psalms 116: 5-7</u>  You are gracious YHWH, and just;  YHWH is compassionate.  You protect those without guile;  When I was brought low,  you saved me.  Be at rest once again, my soul,  For YHWH has been good to you. -Inclusive Bible</p>

<p>Wed. September 15, 2021 Lectio Divina</p>	<p><u>Mark 9:33-37</u>  Jesus and the disciples returned to Capernaum.  Once they were in the house, Jesus began to ask them,  “What were you discussing on the way home?”  At this they fell silent, for on the way they had been arguing about who among them was most important.  So Jesus sat down and called the Twelve over and said,  “ If any of you wants to be first, you must be the last one of all and at the service of all.”  Then Jesus brought a child into their midst and, putting his arm around the child, said to them,  “Whoever welcomes a child such as this for my sake welcomes me. And whoever welcomes me welcomes not me but the One who sent me.” -Inclusive Bible</p>
<p>Thur. September 16, 2021 Centering Prayer</p>	<p><u>Psalm 54: 4</u>  For you, O God, are my helper,  The One who sustains my life. -Inclusive Bible</p>
<p>Wed. September 22, 2021 Lectio</p>	<p><u>James 5:13-16</u>  Are any of you in trouble? Then pray.  Are any of you in good spirits? Then sing a song a hymn of praise.  Are any of you sick? Then call for the elders of the church,  and have them pray over those who are sick and anoint them with oil in the name of Christ.  you may be healed. And this prayer offered in faith will make them well,  and Christ will raise them up.  If they have sinned, they will be forgiven.  So confess your sins to one another,  and pray for one another, that you may be healed.  The prayers of the just are powerful and effective. -Inclusive Bible</p>
<p>Thur. September 23, 2021 CP</p>	<p><u>Psalm 19:7-9</u>  Your law YHWH is perfect;  it refreshes the soul.  Your rule is to be trusted;  it gives wisdom to the naïve.  Your purposes, O God, are right;  they gladden the heart.  Your command is clear;  it gives light to the eyes.  Holding you in awe, YHWH, is purifying;  it endures. -Inclusive Bible</p>

Wed. September 29, 2021 Lectio	<p><u>Psalm 8</u> YHWH, our Sovereign, how majestic is your Name in all the earth! You have placed your glory above the heavens! From the lips pf infants and children You bring forth words of power and praise. When I behold your heavens, the work of your fingers, the moon and the stars which you set in place- what is humanity that you should mindful of us? Who are we that you should care for us? You have made us barely less than God, And crowned us with glory and honor. You have made us responsible For the works of your hands, Putting all things at our feet- All sheep and oxen, yes, even the beasts of the field, the birds of the air, the fish of the seas And whatever swims the paths of the seas. YHWH, our Sovereign, how majestic is your Name in all the earth! -Inclusive Bible</p>
Thur. September 30, 2021 CP	<p><u>Psalm 8</u> YHWH, our Sovereign, how majestic is your Name in all the earth! You have placed your glory above the heavens! From the lips pf infants and children You bring forth words of power and praise. When I behold your heavens, the work of your fingers, the moon and the stars which you set in place- what is humanity that you should mindful of us? Who are we that you should care for us? You have made us barely less than God, And crowned us with glory and honor. You have made us responsible For the works of your hands, Putting all things at our feet- All sheep and oxen, yes, even the beasts of the field, the birds of the air, the fish of the seas And whatever swims the paths of the seas. YHWH, our Sovereign, how majestic is your Name in all the earth! -Inclusive Bible</p>