

## Contemplative Space May to November 2026

### Session One

#### Friday 15 May

#### Isaiah 11:1-2

1 A shoot shall come out from the stump of Jesse, and a branch shall grow out of his roots. 2 The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord.

#### Reading One

#### Dietrich Bonhoeffer

Ascension joy – inwardly we must become very quiet to hear the soft sound of this phrase at all. Joy lives in its quietness and incomprehensibility. This joy is in fact incomprehensible, for the comprehensible never makes for joy.

#### Reading Two

#### Hildegard of Bingen

#### In a Nutshell P.26

God is shown through the Word; the Word is shown through the creation of the world and all the species which inhabit it; and the Holy Spirit is shown through the Word made flesh. What does this mean? God is the one who brought the Word into being before the beginning of time. The Word is the one through whom all creatures are made. The Holy Spirit is the one who enters creation at a particular moments.

#### Prayers

#### Cairn Prayer from the Northumbria Community's Celtic Daily Prayer

Circle me, Lord,  
Keep protection near and danger afar.

Circle me, Lord,  
Keep light near and darkness afar.

Circle me, Lord,

Keep peace within, keep evil out.

Circle me, Lord,  
Keep hope within, keep doubt without.

**Saint Bonaventura**

The universe unfolds in God, who fills it completely.