

Contemplative Space May to November 2026

Session Six

Friday 16th October

October Readings

{Micah 6.8}

This is what Yaweh requires of you, only this; to act justly, to love tenderly, and to walk humbly with your God.

Reflections:

Micheal Lunig

God help us to change
To change ourselves and to change the world
To know the need for it
To deal with the pain of it
To feel the joy of it
To undertake the journey without understanding the destination
The art of gentle revolution
Amen

Rainer Maria Rilke

Perhaps all the dragons in our lives are princesses who are only waiting for to see us act, just once with beauty and courage. Perhaps everything that frightens us is in the deepest essence something helpless that wants our love.

Closing Prayer

Dear God
Please help us to embody the spirit of Henry Noewen when he says ' we are not a community of spiritual harmony but of forgiveness and celebration.