



[Committee on](#)  
[Contemplative Spiritual Formation](#)

Online Meeting Program

**Theme: "Hearing the Voice of a Trans Woman in 2022"**

**Saturday, June 18, 2022**

**8 a.m.** San Francisco/Vancouver; **10 a.m.** Chicago/Winnipeg/Mexico City/Lima;  
**11 a.m.** Toronto/New York City/Santiago; **12 noon** Sao Paulo/Buenos Aires/Halifax  
**4 p.m.** London; **5 p.m.** Hamburg/Zurich/Cairo/Cape Town;  
**8:30 p.m.** New Delhi; **11 p.m.** Manila/Singapore

[Gaia Room](#), Meditation Chapel

[If you have registered with the Meditation Chapel, but can't find the email with the link that was sent to you, please send an email to [dignitytoronto@gmail.com](mailto:dignitytoronto@gmail.com). For new Meditation Chapel users, register ahead of time [here](#).]

**Checking In:**

As a ground rule for our gathering today - for the check-in and for the rest of our gathering today - only share what you are comfortable to do so. In addition, I ask everyone to remember that this is a spiritual space of confidentiality and trust.

God is present in all parts of our lives – not just the easy or serene moments. Acknowledge how you are feeling in this moment. This could be up or could be down. If being calm is hard, acknowledge it. If you find yourself frustrated or stressed, acknowledge it.

As our check-in, I invite you to share:

- your name,
- what county you live in,
- how you are feeling now, and
- what you are grateful for today.

## Opening Prayer

Please turn to page 3.

### + Christian Meditation – Silent Prayer +

We'll now move from spoken prayer to 20 min. of silent prayer. It will be an opportunity to stop our repetitive thinking and become more aware of the present moment and the Divine indwelling in us.

I have some suggestions for what to do during the silence, as most persons are not accustomed to this state. Please note that this is not the only way.

First, when your eyes are closed, pay attention to your breathing. It's something we do from birth to death, normally without any awareness. To become grounded in the present, notice your breathing during the 20 min. of silence.

Second, select a sacred word or phrase, such as "Yahweh" the Hebrew word for God, saying "Yah" as you inhale and "Weh" as you exhale. Another mantra word is "Maranatha" meaning "Come Lord Jesus." Recite it as four syllables of equal length: "Ma-ra" as you inhale and "Na-tha" as you exhale. Whatever word you select, gently repeat it over and over during the silence. **Do not try to think or image anything – spiritual or otherwise.**

Third, during the silence, addictive thought patterns and obsessive ways of feeling will circle by, again and again, saying "Think me! Think me! Feel me! Feel me!" as they try harder to be noticed. In 90% of our thinking, our monkey brain rehashes the past and worries about the future. However, God is only to be found and experienced in the present. Use the imagery of some small boats lining the shoreline of a stream or river that is nearby. When one of these repetitive thoughts arises, gently name the thought or feeling, put it in one of the waiting boats and push it gently into the moving water, letting it flow downstream away from your present consciousness. If you choose, you can deal with it after our session today.

So, we'll start our 20 min. of silence. Please turn off your microphone and your video camera too. Sit still and upright. Close your eyes lightly. Sit relaxed but alert. Take two or three deep breaths. [pause] Feel yourself supported in whatever position you're in. Sink into that space where silence awaits you. Rest in the Divine who is resting in you. You are consenting to God's presence and action in your life. So, I invite you to be silent, still and aware. Listen and learn, being open to heart wisdom and grace.

## Video: Hearing the Voice of a Trans Woman

<https://www.youtube.com/watch?v=kLGJOEJbg9s> 35'50"-59'00"

### Possible Sharing Questions:

*What am I hearing? What phrase or idea **resonates** or challenges me? As an LGBTQ person?*

*How is it **touching** my life now?*

*How will I respond? Is there an **invitation** for me to be or to do in the next few days?*

## LGBTI/ GNRC News

Any update, news, or a pressing issue in the community locally or globally that affects or concerns us as LGBTI and as Catholics. How am I / are we responding?

## Songs for Pride Celebrations from several LGBTQ choruses

## Spoken Prayers

### *Litany of the Holy Spirit* [Opening Prayer]

*During his Lenten hermitage some years ago, Richard Rohr composed this prayer litany of the Holy Spirit, imagining the Spirit's many descriptive names. We invite you read these names of the Spirit slowly as a way to awaken to the Spirit's presence in your life.*

Pure Gift of God  
Indwelling Presence  
Promise of the Father  
Life of Jesus  
Pledge and Guarantee  
Defense Attorney  
Inner Anointing  
Homing Device  
Stable Witness  
Peacemaker  
Always Already Awareness  
Compassionate Observer  
God Compass  
Inner Breath  
Mutual Yearning Place  
Hidden Love of God  
Implanted Hope  
Seething Desire  
Fire of Life and Love  
Truth Speaker  
Flowing Stream  
Wind of Change  
Descending Dove  
Cloud of Unknowing  
Uncreated Grace  
Filled Emptiness  
Deepest Level of Our Longing  
Sacred Wounding  
Holy Healing  
Will of God  
Great Compassion  
Inherent Victory

You who pray in us, through us, with us, for us, and in spite of us.  
Amen, Alleluia!

### *Evolving Spirituality: Mysticism* [Closing Prayer]

We celebrate  
our common origin  
with everything that exists.  
We celebrate  
the Divine Presence,  
the Ground and Sustainer  
of everything that exists,  
in whom we live and move and have our being.

We acknowledge  
this awesome mystery  
embodied  
in every human person,  
aware that  
each gives the Divine Presence  
unique and personal expression.

Here,  
now,  
the Divine Energizing Presence is everywhere present,  
visible in every human person  
who loves.

Here,  
now,  
this Presence comes to visible expression  
in each of us.

We give thanks for persons of all gender identities  
throughout human history  
who sought to articulate  
human connectedness with the Divine  
and with all of creation.

We give thanks especially for Jesus of Nazareth.  
He inspires us to name ourselves  
as "temples" of the Divine Spirit  
and challenges us to live and act accordingly.

Jesus challenges us  
to look into our hearts,  
to examine the way we are neighbor,  
to overcome our prejudices,  
to put an end to divisions,  
to stretch our generosity,  
to overcome our fear of the mystery,  
to see the Divine present in our everyday loving,  
to make the "reign" of love visible  
throughout our world.

	<p>We believe the same Spirit of Divinity that came to visibility in Jesus yearns for visible expression in us.</p> <p>This is our common dignity whatever our race or creed, whatever our place or time.</p> <p>We long to see our common dignity proclaimed honored and celebrated by all religions.</p> <p>We pray that the one Spirit all people share may be given free and generous expression for the betterment of humanity and our world. Amen. [Adapted from: Morwood, Michael. <i>Praying a New Story</i>. Orbis Books.]</p>
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For further information on the GNRC Contemplative Spiritual Formation Committee, see  
<https://rainbowcatholics.org/contemplative-spiritual-formation-gathering/>