



**THE CENTER**  
for Christian Spirituality

## *Walking with Francis*

8:45 a.m. + November 15, 2020

*Praise be You, my Lord, through our Sister Bodily Death,  
From whom no one living can escape.  
May no one ever die with sin on their hearts!  
Blessed are those whom Death will find in Your most holy will,  
For they shall not experience separation from You.  
Praise and bless my Lord, and give Him thanks and serve Him with great humility.  
St. Francis on his deathbed, 1226*

### Entering with Celebration

*Sometimes this heart will overflow,  
A taste of heaven here below.  
A feeling in the soul,  
That God is in control.  
So we sing an alleluia.*

*Alleluia, alleluia, alleluia,  
We will sing an alleluia.*

*"We Will Sing An Alleluia"*

### Walking with Francis

#### Worshiping through Sorrow

*Some alleluias grow from pain,  
A cry of faith we can't explain.  
Although the heart feels numb,  
We know that joy will come.  
So we sing an alleluia.*

*Alleluia, alleluia, alleluia,  
We will sing an alleluia.*

*"We Will Sing An Alleluia"*

### Meditation

#### Song of Response

*And thou, our sister, gentle death,  
Waiting to hush our latest breath,  
Alleluia! Alleluia!  
Thou leadest home the child of God,  
And Christ our Lord the way has trod.  
O praise ye! O praise ye!  
Alleluia! Alleluia! Alleluia!*

*"All Creatures of our God and King"*

## Reflecting with Mary Oliver

## When Death Comes

*When death comes  
like the hungry bear in autumn;  
when death comes and takes all the bright coins from his purse  
to buy me, and snaps the purse shut;  
when death comes  
like the measles-pox  
when death comes  
like an iceberg between the shoulder blades,  
I want to step through the door full of curiosity, wondering:  
what is it going to be like, that cottage of darkness?*

*And therefore I look upon everything  
as a brotherhood and a sisterhood,  
and I look upon time as no more than an idea,  
and I consider eternity as another possibility,  
and I think of each life as a flower, as common  
as a field daisy, and as singular,  
and each name a comfortable music in the mouth,  
tending, as all music does, toward silence,  
and each body a lion of courage, and something  
precious to the earth.*

*When it's over, I want to say all my life  
I was a bride married to amazement.  
I was the bridegroom, taking the world into my arms.*

*When it's over, I don't want to wonder  
if I have made of my life something particular, and real.*

*I don't want to find myself sighing and frightened,  
or full of argument.*

*I don't want to end up simply having visited this world.*

## Song of Response

## "We Will Sing An Alleluia"

*Sometimes this heart will overflow,  
A taste of heaven here below.  
A feeling in the soul,  
That God is in control.  
So we sing an alleluia.*

*Alleluia, alleluia, alleluia,  
We will sing an alleluia.*

*Some alleluias grow from pain,  
A cry of faith we can't explain.  
Although the heart feels numb,  
We know that joy will come.  
So we sing an alleluia.*

## Sitting with Scripture

Philippians 1:21, Galatians 2:20, Romans 14:8

*For to me, to live is Christ and to die is gain.*

*I have been crucified with Christ and I no longer live, but Christ lives in me.*

*The life I now live enfleshed, I live in the faith of the Son of God, who loved me and gave himself for me.*

*If we live, we live in the Lord; and if we die, we die in the Lord. So, whether we live or die, we are the Lord's.*

## Singing Our Hope

*"I Am, I Am Yours"*

*I am.*

*I am Yours.*

*I am Yours whether I live or die.*

## Resting in the Silence

During these few minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. Descend into this Stillness. There is nothing you need to do. Just let go. Relax. Sense your body. Breathe deeply. If it helps, use a sacred word to help you descend into this silence (such as Heart, Center, Silence, Abba, Jesus, or Spirit) or use Francis' own mantra and breath prayer, "My God" (inhale) "and my all!" (exhale).

## The Communion Feast

### Praying with Francis

*"Most High and Glorious God"*

*Most high and glorious God,*

*"This My Soul Loves"*

*Lighten the darkness of heart and mind.*

*"We Will Sing an Alleluia"*

*Let Wisdom lead me to you,*

*That I may live for love of your love.*

*Most high and glorious God,*

*Grant me true faith, certain hope, and pure love.*

*That I may follow you,*

*And carry out your holy command.*

*My God and my all. My God and my all. My God and my all.*

*Wisdom, simplicity, poverty, humility.*

*Holy love and surrender.*

*God within all.*

*Grant me, more of these, as I die, to more of me.*

*Help me walk in obedience.*

*God over all.*

*Virtues transcending, love never ending.*

*This I desire, this my soul loves.*

*This is my mission, perfect submission.*

*This I desire, this my soul loves.*

*Alleluia, alleluia, alleluia.*

*We will sing an alleluia.*

## Receiving a Good Word

For further Contemplative Resources please visit

<https://vimeo.com/contemplativesongs>