

CONTEMPLATIVE SEEING

The Opening of Eyes — from Sight to Insight

*Then Jesus laid his hands on the man's eyes again
and he could see perfectly. – Mark 8:25*



Create a Prayer Space

You might set a table with a cloth or scarf, a candle, something beautiful from the natural world, a jug, bread and wine. The candle is lit.

Entering into the Stillness

Facilitator:

We sit relaxed and quiet, ready to pray.
Our work we lay aside.
We breathe softly and gently.
There is nothing else we have to do right now
– other than to fall into deeper and deeper stillness.

Quiet time:

Silence for 1 or 2 minutes.

Facilitator:

Look around you.
Focus for a few minutes
on something that is absolutely still.
Feel its stillness
and calmness in your body.

Facilitator:

Let us pray.

All:

Dig a well of stillness
Deep into my being O God
down through my thoughts, feelings, concerns,
desires...

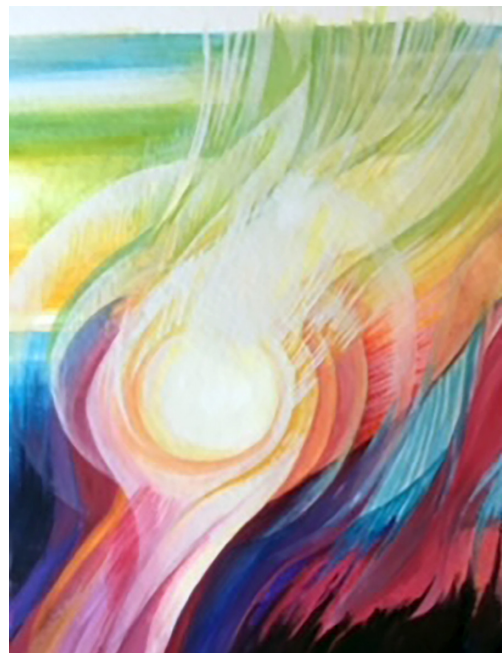
Deepen and broaden it within me,
help me to let go and loosen up my life a while
for Your proddings and promptings
to seep in through its sides in time
and fill my heart
with Your desires
for Love not costs
to direct my Life Flow.

Noel Davis

*A Well of Stillness from Campfire of the Heart
(Used with permission)*

Art © Mary Southard CSJ, (used with permission)

**Top right: Sacred-Eyes
Bottom right: Being in the Presence of Love**



Visio Divina (Guided)

Allowing God to speak to you through images.

Seeing

Slowly and gently let your eyes wander over the painting.



Art © Mary Southard CSJ, (used with permission)

Contemplating

Let your eyes rest for a while on a part of the painting that attracts you and stirs your interest.

Insight

What are you experiencing in body, mind, heart?

Sharing

Does the image that attracted you, call to mind something that is happening in yourself and in the world today?

Revisiting the Painting

Do you see something in the painting that you missed before?

Sharing

What name would you give to the painting?

Looking Outwards

Do you feel invited to respond, with compassion and mercy, to any issue that emerged in this sharing?

Pray silently for the grace to do this.

Rest once more in the stillness and silence.

Leader:

We give thanks for 'The Gift of Sight'

Shared readers:

What a great gift
of sight I was given
being able, when I have
understood something
to say, now I see.
To see the light
and the way that
its sister shadow
reveals the form
of things – and
when the light moves
the form changes –
And we say, isn't that
a beautiful red –
when the light
comes through our wine.

I love the sight of light
when it falls on water
and leaves, and these words
as they come together
to say what I have seen –
and I am thankful
for the seeing I do when I am unaware.

What a great gift it is
to see my lover,
my child, my friends
to see this day
and all the days
of my life – my eyes
are always there
telling me about
the grain of wood,
the miracle of
a piece of fruit,
a slice of bread,
A creative form
the magic order
or the folds of fabric –
even the sight of
the sound of things,
of rustling sheets
and fingers making music.

All this time, my eyes
have served me and
given me untold gifts
of life and living and
of being in the world
and part of
the life of God.
Amen.

From Tom Bass, *Occasional Prayers* (1998:43)
Milton-Freewater: Centre for Creative Ministries

Everyday,

I see something so motionless
that it stills me down.

Everyday,

I see something that cries out for mercy
and compassion.

Everyday,

I see something so beautiful
that it fills me with joy.



Closing Song

Open My Eyes – Jesse Manibusan

link

<https://www.youtube.com/watch?v=BbihOyKIvi8>