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**United in Prayer Day  
"Healing Violence"  
March 17, 2018**

**Sample Schedule and Format for an Individual Retreat Day**

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This is a suggested format and schedule for an **individual day of prayer at home** with optional online audio or video (about 30-35 minutes in total) as spiritual enrichment. Please adjust this schedule according to the time and conditions available to you.

Rise early

Walking or other movement such as yoga.

One or more periods of Centering Prayer, with optional walking between them, if needed.

Breakfast and preparations for the day

View or listen to video or audio segment

Journaling and/or silent reflection.

One or more periods of Centering Prayer, with optional walking between them, if needed.

View or listen to another video or audio segment – or ponder one or more of the wisdom quotations included at the end of this document.

Journaling and/or silent reflection

Lunch

Reading, walking and/or resting in silence and solitude. Or you may want to pray in the manner of Lectio Divina with one of these Scripture passages, or one of your choosing:

*Jesus summoned the crowd again and said to them,*

*"Hear me, all of you, and understand.*

*Nothing that enters one from outside can defile that person;*

*but the things that come out from within are what defile.”*

*When he got home away from the crowd  
his disciples questioned him about the parable.*

*He said to them,*

*“Are even you likewise without understanding?*

*Do you not realize that everything  
that goes into a person from outside cannot defile,  
since it enters not the heart but the stomach  
and passes out into the latrine?”*

*(Thus he declared all foods clean.)*

*“But what comes out of the man, that is what defiles him.*

*From within the man, from his heart,  
come evil thoughts, unchastity, theft, murder,  
adultery, greed, malice, deceit, licentiousness, envy,  
blasphemy, arrogance, folly. All these evils come from within and they defile.”*

*- Mark 7: 14 - 23*

or

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

*Blessed are they who mourn, for they will be comforted.*

*Blessed are the meek, for they will inherit the land.*

*Blessed are they who hunger and thirst for righteousness, for they will be satisfied.*

*Blessed are the merciful, for they will be shown mercy.*

*Blessed are the clean of heart, for they will see God.*

*Blessed are the peacemakers, for they will be called children of God.*

*Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.*

*Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely]  
because of me.*

*- Matthew 5: 3 - 11*

Journaling and/or silent reflection: What word or phrase speaks to you at this time in your journey? What arises from your inmost being? How are you called to renounce violence in yourself?

One period of Centering Prayer

Close your retreat day with prayer and gratitude, knowing you've connected with the hearts of others all over the world in silent communion with God and that your prayers and intentions matter to healing the heart of the world.

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### **Wisdom quotes for pondering**

"The Gospel calls us forth to full responsibility for our emotional life. We tend to blame other people or situations for the turmoil we experience. In actual fact, upsetting emotions prove beyond

any doubt that the problem is in us. If we do not assume responsibility for our emotional programs on the unconscious level and take measures to change them, we will be influenced by them to the end of our lives."

- Thomas Keating, *The Mystery of Christ*

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"*What I do, I do not understand.*

*For I do not do what I want, but I do what I hate.*"

- Romans 7: 15

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"It's physical. We really have to reprogram our minds and our bodies and remove this toxicity of the memory that's encapsulated in every cell in our tissues. It's really physical.

... Our work, our first work, our agency is to root out our affliction, so that we can see the guidance of the Holy Spirit as to what we are supposed to do externally. ... Violence has an insidious grip on us ... and through prayer and practice, we can, even in the midst of violence, experience a calmness and peace, and the gentleness of God."

- Mary Margaret Funk, in a recorded interview, February 1, 2018

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"To get out of the cycle of violence we employ a counter motion that checks aggression and replaces unconscious reaction with discerned response. In between the impulse and response is poise and endless possibilities. Renouncing is the opportunity to change and lift-up toward God for the common good. We respond with a root action deeply benefitting our domain of the humble human. How we know what to renounce is to find our vocation, our way of life. Then, we renounce what is not a good fit for our designated calling for this lifetime. ... I can report evidence from others the universal benefits of renunciation. When our way of life is renunciation then, it's natural to renounce violence. Renouncing is a poised, but an active way of living. We pause and then lean into the right and good, rather than react from our default defenses."

- Mary Margaret Funk, *Renouncing Violence*

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"My particular theory ... is that our moment in history is part of a much larger movement. We might even call it a cosmic movement, in which, having achieved the great accomplishment of reaching the rational level of consciousness, we are being challenged to move to yet another level of consciousness. This higher level is one that will generalize throughout the consciousness of the human family the intuition of the oneness of all that is. It will enable the collective suffering of the human family to find its meaning in contributing a new and in-depth understanding of life to future generations. It will also provide a more realistic and honest relationship with ourselves, God, other people, the planet Earth, and all creation.

"In Christian terms, this new moment in history is an invitation to enter into the passion, death, and resurrection of Christ. Although violence in the world seems to have increased in recent centuries, this violence is not meaningless or worthless. It may be the necessary preparation for a change of

consciousness leading to a new level of maturity in the human family as a whole – attitudes that will led to a much greater concern for every member of the race, past, present, and to come.

"... This is the contemplative view of the situation in which we find ourselves, one drawn from the mysteries of our Christian faith. ... [It's] the sense that the human family as whole has not yet come of age. The majority of its members have yet to reach the full level of rational consciousness that would enable them to resolve conflicts by negotiation, compromise, forgiveness and mutual respect. ... [W]e can see how deeply our human family needs to be called out of its lethargy and indifference, its acceptance of evil and violence, and its toleration of the inequalities that exist throughout the world."

- Thomas Keating, *The Transformation of Suffering: Reflections on September 11 & The Wedding Feast at Cana in Galilee*

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"We can't prolong the battle of greed or domination with the weapons of destruction that we have now without serious damage to ourselves and the ecology and all the other life on earth ...

"The spiritual life as it's been called until now is the most important thing there is to do in life ... the healing of the human condition with its limitations and faults and openness to evil, as well as good. So here is where the contemplative dimension of life which is aimed at prayer and practice to further this capacity for transformation and to realize in the future somewhere the New Creation."

- Thomas Keating, "Human Evolution" video segment, *God is Love: The Heart of all Creation* series

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"A creative vision releases an enormous amount of energy  
and can transform society beyond our wildest dreams.

Divine empowerment is present.

... The power of the stars is nothing compared to the energy  
of a person whose will has been freed from the false-self system  
and who is thus enabled to co-create the cosmos together  
with God. God's top priority is the creation of a world  
in which the goods of the earth are equitably distributed,  
where no one is forgotten or left out,

and where no one can rest until everyone has enough to eat,  
the oppressed have been liberated, and justice and peace  
are the norm among the nations and religions of the world.

Until then, even the joy of transforming union is incomplete.

The commitment to the spiritual journey is not a commitment to pure joy,

but to taking responsibility for the whole human family,  
its needs and destiny. We are not our own; we belong to everyone else."

- Thomas Keating, *The Mystery of Christ*

