



ACCOMPANIED

When I enter my house, I shall find rest with her; companionship with her has no bitterness, and life with her has no pain, but gladness and joy. I considered these things inwardly, and pondered in my heart that in kinship with wisdom there is immortality, and in friendship with her, pure delight, and in the labours of her hands, unfailing wealth, and in the experience of her company, understanding, and renown in sharing her words, I went about seeking how to get her for myself. (Wis 8:16-18)

We were gentle among you, like a nurse tenderly caring for her own children. So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us. (1 Thess 2:5-8)

1. Touch

I touch the Heart of Accompanying.

I create and hold two inter-locked rings, of metal, like key rings, or string, symbol of journeying with a person in need, practically, emotionally and spiritually.

I remember a small story of being surely accompanied at a critical time in my life. If praying alone I hold that memory, if I am praying in a group, I share it with them, feeling touched by the Accompanying Spirit ... I begin to understand how important this is needed in these isolating and alienating times.

2. Desire

I desire to Accompanying the Isolated and ill.

I slowly and prayerfully read the prayer text above.

I name all the people I want to accompany ...

I ask the Spirit of Accompaniment for the gift to accompany those who are suffering and journeying alone, who need emergency care and support right now. How can I assist before, during and after treatment, even at physical distance?

3. Support

I breathe in the Spirit of Accompaniment.

I imagine the Spirit of Accompaniment breathing into me a desire for journeying and nursing, in some manner, a person in critical need. I breathe it in deeply, wait, then breathe it out into myself and those who could accompany others who suffer illness, isolation, alienation, rejection, dismissal.

I repeat as desired – breathing, accompanying, helping quickly...

I conclude in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who accompanied me so well? Secondly, to whom and how do I pass on this exercise – who can help to accompany those in urgent need? ©©

PRAYER TIME: Go gently, using the generous time you have put aside for this prayer.

The three dots ... indicate the places to pause.

If you are specially moved at any of the steps, remain there for the rest of the prayer.