Annual Day of Prayer

Contemplative Prayer: Abiding in the Here and Now

with

The Revd Dr Luigi Gioia

Saturday 22\textsuperscript{nd} January 2022
10.00 am – 2.45 pm
The Revd Dr Luigi Gioia is a theologian and researcher at Cambridge University and exercises his ministry at St Paul’s Knightsbridge in London. His spirituality books have been translated in five languages. His first book on prayer, Say It To God (Bloomsbury 2017) was the Archbishop of Canterbury Lent Book 2018. His latest book on Benedictine spirituality (The Wisdom of St Benedict, Canterbury Press 2021) received the first prize in the 'Spirituality' category from the Catholic Media Association in the USA. You can read his blog at https://www.luigi-gioia.com/home/categories/english

This Annual Day of Prayer explores Contemplative Prayer and the theme of Abiding in the Here and Now and is held within the Week of Prayer for Christian Unity. Dr Gioia shows how contemplative prayer starts when we learn how to abide in the here and now, even just for a while. We learn that:
- it is the ability, and the gift, to let ourselves, God, and the world appear to us afresh, originally, not through our fears, judgments, and expectations, but as they are;
- it grows deeper through the practice of mindfulness, the way we approach visual art, and listen to poetry;
- it leads us not to withdrawal and indifference but to struggle for justice; not to taking refuge in sacred spaces but to reaching out; not to spiritual elitism but to humble solidarity with the journey of every other human being on earth.

The Day of Prayer is streamed in real time at https://youtu.be/htHN04Dzey0.
The whole church is served by a hearing loop. Users should turn their hearing aid to the setting marked T. Please ensure that mobile telephones and other electronic devices are switched off.

Outline of the Day

10.00 am WELCOME and GATHERING PRAYER
ADDRESS 1:
CONTEMPLATIVE PRAYER AND MINDFULNESS
Fully present to God, ourselves, and the world

10.45 am PRIVATE PRAYER & REFLECTION

11.30 am GATHERING PRAYER
ADDRESS 2:
CONTEMPLATIVE PRAYER AND VISUAL ART
On interiors and interiority in Vilhelm Hammershøi

Noon PRIVATE PRAYER & REFLECTION

12.30 pm LUNCH BREAK

1.15 pm GATHERING PRAYER
ADDRESS 3:
CONTEMPLATIVE PRAYER AND POETRY
The Sweet Symphony of Paradise in Dante’s
Divine Comedy

2.00 pm PRIVATE PRAYER & REFLECTION

2.45 pm CONCLUSION
The Welcome
The Right Reverend Anthony Ball, Rector of St Margaret’s

Gathering Prayer (at 10.00 am)

THE PREPARATION

Seek the Lord while he may be found, call upon him while he is near.

Let the wicked abandon their ways and the unrighteous their thoughts.

Turn back to the Lord, who will have mercy; to our God who will richly pardon.

A time of silence and self-examination is kept.

Lord God, we have sinned against you; we have done evil in your sight. We are sorry and repent. Have mercy on us according to your love. Wash away our wrongdoing and cleanse us from our sin. Renew a right spirit within us and restore us to the joy of your salvation, through Jesus Christ our Lord. Amen.

cf Psalm 51
May the Father of all mercies cleanse us from our sins, and restore us in his image, to the praise and glory of his name, through Jesus Christ our Lord. **Amen.**

Blessed be the Lord, **who has heard the voice of our prayer.**

Therefore shall our hearts dance for joy and in our song will we praise our God.

*Psalm 28: 7, 9*

**THE READING**

Then Jesus said to [the two going to a village called Emmaus], ‘Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?’ Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, ‘Stay with us, because it is almost evening and the day is now nearly over.’ So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and he vanished from their sight. They said to each other, ‘Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?’ That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, ‘The Lord has risen indeed, and he has appeared to Simon!’ Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

*Luke 24.25-32*
O Lord, you have searched me out and known me; you know my sitting down and my rising up; you discern my thoughts from afar.

You mark out my journeys and my resting place and are acquainted with all my ways.

For there is not a word on my tongue, but you, O Lord, know it altogether.

You encompass me behind and before and lay your hand upon me.

Such knowledge is too wonderful for me, so high that I cannot attain it.

Where can I go then from your spirit? Or where can I flee from your presence?

If I climb up to heaven, you are there; if I make the grave my bed, you are there also.

If I take the wings of the morning and dwell in the uttermost parts of the sea,

Even there your hand shall lead me, your right hand hold me fast.

If I say, ‘Surely the darkness will cover me and the light around me turn to night,’

Even darkness is no darkness with you; the night is as clear as the day; darkness and light to you are both alike.

For you yourself created my inmost parts; you knit me together in my mother’s womb.

I thank you, for I am fearfully and wonderfully made; marvellous are your works, my soul knows well.

My frame was not hidden from you, when I was made in secret and woven in the depths of the earth.
15 Your eyes beheld my form, as yet unfinished; already in your book were all my members written,
16 As day by day they were fashioned when as yet there was none of them.
17 How deep are your counsels to me, O God! How great is the sum of them!
18 If I count them, they are more in number than the sand, and at the end, I am still in your presence.

Psalm 139.1-18

Glory be to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and shall be for ever. Amen.

A minute of SILENT PRAYER & INTERCESSION ending with THE COLLECT

Almighty God, in Christ you make all things new: transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your heavenly glory; through Jesus Christ our Lord. Amen.

The Lord’s Prayer

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

The Conclusion

May the light of Christ our Lord shine in all our hearts. Amen.
Gathering Prayer (at 11.30 am)

THE PREPARATION

O God, make speed to save us
O Lord, make haste to help us.

With you, O God, is the well of life
and in your light shall we see light.

THE READING

God said, ‘Go out and stand on the mountain before the Lord, for the Lord is about to pass by.’ Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, ‘What are you doing here, Elijah?’

1 Kings 19: 11–13

THE PSALM

1 God is our refuge and strength,
a very present help in trouble;
2 Therefore we will not fear, though the earth be moved,
and though the mountains tremble in the heart of the sea;
3 Though the waters rage and swell,
and though the mountains quake at the towering seas.
4 There is a river whose streams make glad the city of God,
the holy place of the dwelling of the Most High.
5 God is in the midst of her; therefore shall she not be removed; 
   God shall help her at the break of day.
6 The nations are in uproar and the kingdoms are shaken, 
   but God utters his voice and the earth shall melt away.
7 The Lord of hosts is with us; 
   the God of Jacob is our stronghold.
8 Come and behold the works of the Lord, 
   what destruction he has wrought upon the earth.
9 He makes wars to cease in all the world; 
   he shatters the bow and snaps the spear 
       and burns the chariots in the fire.
10 ‘Be still, and know that I am God; 
   I will be exalted among the nations; I will be exalted in the earth.’
11 The Lord of hosts is with us; 
   the God of Jacob is our stronghold.

Psalm 46

Glory be to the Father and to the Son and to the Holy Spirit 
as it was in the beginning is now and shall be for ever. Amen.

THE INTERCESSIONS

We pray for the visible unity of Christians: 
Holy Spirit, you create and re-create the Church in all places. Come 
and whisper in our hearts the prayer which Jesus addressed to his 
Father on the eve of his passion: “that they may all be one... so that 
the world may believe”.

Kyrie eleison
Lord Jesus, Prince of Peace, light the fire of your love in us so that 
suspicion and misunderstanding cease in the Church. May the 
walls that separate us fall.

Kyrie eleison
Holy Spirit, Consoler of all, open our hearts to forgiveness and reconciliation and bring us back to you when we lose our way.  
**Kyrie eleison**

Lord Jesus, gentle and humble of heart, give us poverty of spirit so that we may be open to your grace.  
**Kyrie eleison**

Holy Spirit, you never abandon the men, women and children who are persecuted for their faithfulness to the gospel. Give them strength and courage, and support those who help them.  
**Kyrie eleison**

Lord Jesus, Light of the world, grant healing and hope to all those suffering the effects and consequences of the coronavirus pandemic.  
**Kyrie eleison**

**THE COLLECT**

Almighty God, in Christ you make all things new: transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your heavenly glory; through Jesus Christ our Lord. Amen.

**THE LORD’S PRAYER**

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

**THE CONCLUSION**

May the light of Christ our Lord shine in all our hearts. Amen.
The Lord is full of compassion and mercy, slow to anger and of great kindness.

He has not dealt with us according to our sins, nor rewarded us according to our wickedness.

For as the heavens are high above the earth, so great is his mercy upon those who fear him.

Silence is kept for reflection.

Holy God, holy and strong, holy and immortal, have mercy upon us.

As far as the east is from the west, so far has he set our sins from us.

As a father has compassion on his children, so is the Lord merciful towards those who fear him.

Bless the Lord, O my soul, and all that is within me bless his holy name.

Bless the Lord, O my soul, and forget not all his benefits. cf Psalm 103
THE READING – Dante, *Paradise*, Canto 21, vv. 1-10; 30-70

THE PSALM

1 I will bless the Lord at all times;  
   *his praise shall ever be in my mouth.*
2 My soul shall glory in the Lord;  
   let the humble hear and be glad.
3 O magnify the Lord with me;  
   *let us exalt his name together.*
4 I sought the Lord and he answered me  
   *and delivered me from all my fears.*
5 Look upon him and be radiant  
   *and your faces shall not be ashamed.*
6 This poor soul cried, and the Lord heard me  
   *and saved me from all my troubles.*
7 The angel of the Lord encamps around those who fear him  
   *and delivers them.*
8 O taste and see that the Lord is gracious;  
   *blessed is the one who trusts in him.*
9 Fear the Lord, all you his holy ones,  
   *for those who fear him lack nothing.*
10 Lions may lack and suffer hunger,  
   *but those who seek the Lord lack nothing that is good.*
11 Come, my children, and listen to me;  
   *I will teach you the fear of the Lord.*
12 Who is there who delights in life  
   *and longs for days to enjoy good things?*
13 Keep your tongue from evil  
   *and your lips from lying words.*
14 Turn from evil and do good; 
   seek peace and pursue it.
15 The eyes of the Lord are upon the righteous 
   and his ears are open to their cry.
16 The face of the Lord is against those who do evil, 
   to root out the remembrance of them from the earth.
17 The righteous cry and the Lord hears them 
   and delivers them out of all their troubles.
18 The Lord is near to the broken-hearted 
   and will save those who are crushed in spirit.
19 Many are the troubles of the righteous; 
   from them all will the Lord deliver them.
20 He keeps all their bones, 
   so that not one of them is broken.
21 But evil shall slay the wicked 
   and those who hate the righteous will be condemned.
22 The Lord ransoms the life of his servants 
   and will condemn none who seek refuge in him.

Psalm 34

Glory be to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and shall be for ever. Amen.

A minute of SILENT PRAYER & INTERCESSION ending with THE COLLECT

Almighty God, in Christ you make all things new: transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your heavenly glory; through Jesus Christ our Lord. Amen.
THE LORD’S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

THE CONCLUSION

May the light of Christ our Lord shine in all our hearts. Amen.

Let us bless the Lord.
Thanks be to God.

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Scripture Readings are from the New Revised Standard Version.
The intercessions in the liturgy at 11.30 are based on resources provided by Churches Together in Britain and Ireland.
Additional Information

Throughout the day, Abbey marshals (in red gowns) and staff wearing identification badges are available to assist with directions.

This is the Abbey’s 33rd Annual Day of Prayer. No charge is made but donations are most welcome. Information on how to make these can be found on the Abbey’s website by going to the “support us” tab (or using the “support us” button found near the end of the home page).

REFRESHMENTS: Tea, coffee, soft drinks, and sandwiches are available from the green kiosk situated outside the West Gate of the Abbey. Hot food is available in the Cellarium Café by the Dean’s Yard entrance to the cloisters. We regret that we are not able to offer the usual tea, coffee and water facilities at the east end of the church.

NOISE: Please respect those who are using the church for prayer and reflection at the times designated and refrain from talking in the church.

TOILET FACILITIES: There are toilet facilities off the Great Cloister (south side) near the Dean’s Yard entrance.
ENTRY TO THE ABBEY: All attending the Day of Prayer in person will be given a wristband allowing access to the Abbey by the North Door (visitor entrance) or the West Door. In addition to the main body of the church, St Faith’s Chapel (in the south transept of the Abbey) and the Pyx Chapel (at the eastern end of the Great Cloister) are available for your use, as is the peaceful College Garden. St Margaret’s will be open throughout the day.

MAILING LIST: If you are not already on our mailing list and would like to be kept informed of future Days of Prayer and other events at Westminster Abbey please use the “subscribe” button at the bottom of the home page of the Abbey’s website.

This year’s **National Pilgrimage** to the Shrine of St Edward the Confessor, when we celebrate the life and witness of our founder, is on **Saturday 15th October 2022**.
For more information visit: www.westminster-abbey.org/worship/edwardtide

Thank you for your participation in this Day of Prayer.