

What we are “welcoming” is the
Indwelling Spirit’s Presence amongst the ALL of life

The Welcoming Prayer

Gently become aware of your body and
your interior state.

Welcome, welcome, welcome.
I welcome everything that comes to me in this moment
because I know it is for my healing.
I welcome all thoughts, feelings, emotions,
persons, situations and conditions.

I let go of my desire for security.
I let go of my desire for approval.
I let go of my desire for control.

I let go of my desire to change any
situation, condition,
person, or myself.

I open to the
love and presence of God
and
the healing action and grace within.

— *Mary Mrozowski 1925-1993*
The creator and spiritual mother of the welcoming prayer practice

“I am where I need to be.
Everything around me
includes and hides the sacred.”

— *Mary Mrozowski*

*My personal closing prayer that follows
my morning welcoming prayer -*
... so that Your Love, Your Light and Your Spirit
may be manifested in the ALL of my life;
the motives and desires of my heart,
the choices I make
and the steps I take.

— Ann Starrette

(over please)

The welcoming prayer is
a practice
of 'letting go' in the present moment
in the ordinary routines of daily life.
“. . . the ordinary events of daily life
become our practice . . .
The routine of daily life is
the path to holiness for lay folks.
Contemplative prayer is aimed at
transforming daily life with its never-ending
round of ordinary activities.”

Father Thomas Keating, *Open Mind, Open Heart*, p. 125

.....

The reason for paying attention to your body and your interior state is that
The mind deceives.
The body never lies.
Listen to the wisdom of your body.
Hear its truth.

*There is never a thought, feeling or emotion
that does not have a corresponding body sensation.
Each experience is imprinted in every cell of our body.
Every thought, feeling and emotion
has a location in the body, its own 'zip code'.
Sometimes it may move to a new zip code.
Follow it.*

from Contemplative Outreach: THE CONTEMPLATIVE LIFE PROGRAM 40 DAY PRACTICE

~~~~~  
Story has it that Martha Graham, founder of modern dance, once said  
“Dance (the body) is the one language that cannot lie.”  
~~~~~

I pray the welcoming prayer every morning.
During the day when I hit a snag of any kind, I pray "Welcome".
The word "welcome" means that I intentionally consent to God's healing action
and transformational grace in the ALL of my life.
I embrace and consent to sitting at the feet of my own life and be taught by it
that I may be molded and shaped into the image of Christ
and live a simple abundant life. One overflowing with peace and joy in the moment.
I once heard someone of influence say, the true expression
of spiritual growth comes from the strong (sometimes desperate) desire to live into the
gospel promise of an abundant life . . . one of unhurried peace and power.
One that is radiant, solid, simple and serene.
I want to model those words! Radiant, solid, simple and serene. So be it.

— Ann Starrette