

# WELCOMING PRAYER original

WITH NOTES . . . .

If your Band chooses to focus on the content of the Welcoming Prayer in everyday life, using the Wholly/Holy Listening format for sharing would work well. A 40-day practice booklet with reflection questions is available from Contemplative Outreach Ltd.  
[www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)

What we are “welcoming” is the Indwelling Spirit’s Presence amongst the ALL of life. We are welcoming God. We are opening space for God’s work to be done.

## The Welcoming Prayer Practice

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

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*My (Ann Starrette) 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.

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*T*he 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

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*T*he 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*

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

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*S*(Ann) pray the welcoming prayer every morning.

During the day when I hit a snag of any kind,  
I pray "Welcome" [Holy Spirit].  
The word "welcome" means that I intentionally  
consent to God's healing action and transforming  
grace in the ALL of my life.

I embrace and consent to sitting at the feet of my  
own life and being 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 Richard Foster say something like  
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.

May it be so.

— *Ann Starrette*