

Participant Sheet #2, Violence & Forgiveness

Welcome & Candle-lighting

Light a candle. The group may wish to say these words together:

Your light is in our eyes.
Your beauty is in our hearts.
Your goodness is everywhere.



Group Spiritual Practice

Body Prayer

Get comfortable in your chair. Your hands are relaxed and comfortable on your lap. Close your eyes if that is comfortable for you.

You may want to recall a person who is a challenge to you or someone who is hard to be with.

Make fists. In your mind's eye, put all that comes between you and and this person, into your clenched fists. Imagine all the brokenness and separation, all the hurt and disappointment, and whatever else there may be between you. (*Silence*)

Open your hands. Imagine the space between your hands. Imagine this space filled with light and loving energy. Hold that space. Hold the possibility of new understanding, or healing, or forgiveness, or courage. What gift or grace is in this space that is for you?

Now, **cup your hands** like a bowl, open and receiving.

Rest in this prayer as long as you wish.... Amen.

You may wish to use this prayer on your own throughout the week.