

Participant Sheet #4, Fear & Courage

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

The Welcome Prayer

Watch for opportunity to practice this prayer in the coming week.

The Welcome Prayer - in the words of Cynthia Bourgeault

When confronted with an upset, whether physical or emotional, apply this three-step process:

1. *Focus or "Sink in."* This means "bring your attention to" -- i.e., become physically present to -- the upset *as sensation in your body*. If you're angry, for example, what's going on physically? Is your stomach churning? Your jaw tightening? Bring your attention there, without judgment or commentary.
2. *Welcome.* Silently begin to say the word "Welcome" as the sign of your willingness to be consciously present to this moment in your life, regardless of its psychological or physical contents. If you prefer, you can name the content lightly: "Welcome, fear;" "Welcome, anger."
3. *Let Go.* As the pain or emotion begins to shift or dissolve on its own (and it will!), silently say, "I let go," again naming it lightly if you want: "I let go this fear;" "I let go this anger."

Read more about the Welcome Prayer:
Cynthia Bourgeault, Centering Prayer & Inner Awakening,
Cowley Publications, 2004

or on these websites:
<http://www.contemplativeoutreach.org/faq/welcoming-prayer>
<http://www.contemplativeforum.org/practice/welcoming/>