

ambient prayer 1

settle
descent
meditation
silence
ascent

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St Hilda Community

prayer:

be silent
 be still
 alone empty
 before your god
 say nothing
 ask nothing
 be silent
 be still
 let your god
 look upon you
 that is all
 she knows
 she understands
 she loves you with
 an enormous love
 she only wants to
 look upon you
 with her love
 quiet
 still
 be

Collect:
 We sit quietly before the One who gives life and love to all creation
 We sit in awe of the One who formed us in our mother's wombs
 We sit at peace surrounded by the One who fills every fibre of our being



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