

# Get Involved: Pray

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## EMBRACE Prayer Group January 2017

*‘When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”’ (John 8:12)*

How was it that I spontaneously responded "Light" when asked for a topic? It just felt right! I was aware that on three consecutive dark days I'd commented that lunch-time felt like tea-time. My South African experience has left a certain sensitivity around the relationship between temperature, light and mood. When asking at a meeting the previous week for volunteers to help create a Christmas crib in our chapel (I'm a member of a Catholic Religious Congregation) the ensuing silence revealed something of the struggle at work in each one. Physical energy, time and the creative element were the key factors being weighed. One brave soul took on the task and two were open to playing a supportive role. As an older person, measuring one's energy is not always easy, especially when the task includes a creative factor so such decision-making is always a bit of a risk.

The Celtic Tradition felt the immediacy of heaven's light and called it "An Tairseach", the threshold which enables us to be able to step over into and back from Heaven's light where our seeing can be renewed. It is the same light that burst the universe into being and that is at the heart of everything. Any group gathered in Christ's name becomes a centre of Christ's presence as He is the Light of the World. This reminds us of why we've come into the world - to be filled with light and to shine ie to see, feel and act courageously. Awareness, though not always accessible, brings us into silence and gratitude. To be in the Light frees us from the prison of self-interest.

The closer we come to Divine Brilliance the closer we come to a new humility. Francis of Assisi felt this, hence his Brother Sun and Sister Moon. To be truly reconciled is to see the light in the heart of the other. We need this reconciliation with all species of the earth. They are “the family we have run away from” (Mary Oliver). The light from which we and all things have come is the light that will continue to flow long after us, infinitely unfolding into forms that we know nothing of as yet.

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### We pray :

- that Christ’s light would illuminate our world, enabling us to see and feel the experience and challenges faced by migrant people and those seeking refuge, and act courageously in response.
- that we might relate to others with the humility of Christ.

Lord at the start of this New Year fill us with your Light.

Enable us to see the light in the heart of the other.

Lead us to run towards the family we have run away from.

Contributed by Sr Noreen Christian

48 Elmwood Avenue, Belfast, BT9 6AZ  
Tel: 028 9066 3145 E: [info@embraceni.org](mailto:info@embraceni.org)