

Preparatory Prayer
for Regis College Town Hall
to be held at 3:00 pm., October 16, 2019

I spend a few moments in silence, paying attention to my breathing.

As I settle into prayer, I imagine Jesus looking at me lovingly.
“Jesus, looking at me, loves me...” (cf. Mark 10:21, *SpEx* 75)

With Jesus, I use my memory review my time thus far at Regis.
Perhaps I choose to focus on the last few weeks; perhaps I remember years past.
I allow thoughts and feelings to arise, acknowledging them and paying attention.

I allow to come to mind those moments when I felt most joyful, peaceful, and alive.

For what am I most grateful during my time at Regis?

I linger in gratitude, savouring these moments.

I allow to come to mind those moments when I felt agitated, frustrated, and fragmented.

What would I like to change about my time at Regis?

What opportunities for growth might there be for our community?

I return to gratitude, thanking Jesus for all his gifts.

I end with an *Our Father*.

I write down any fruits of prayer that I would like to share with my colleagues and friends.