**Contemplative Service for Wednesday,**

**February 21, 2024**



**First reading**: 1 John 1:5

This is the message we have heard from our teacher and proclaim to you: that the Holy One is light, and in that light is no darkness at all.

**Music:** “Agnus Dei” by Samuel Barber

https://www.youtube.com/watch?v=AiuC\_CaObbI

**Second reaeding**: St. Jerome, 342-420

Holy One, thou hast given us thy Word for a light to shine upon our path;  
grant us so to meditate on that Word, and to follow its teaching,  
that we may find in it the light that shines more and more until the perfect day.  
Amen.

**Music:** “Hymn of the Cherubim,” by Pyotr Ilyich Tchaikovsky

https://www.youtube.com/watch?v=OPlK5HwFxcw

**Time of Silent Contemplation**

O Creator of the universe, who has set the stars in the heavens and causes the sun to rise and set, shed the light of your wisdom into the darkness of my mind. Fill my thoughts with the loving knowledge of you, that I may bring your light to others. Just as you can make even babies speak your truth, instruct my tongue and guide my pen to convey the wonderful glory of the good news. Make my intellect sharp, my memory clear, and my words eloquent, so that I may faithfully interpret the mysteries which you have revealed. Amen.

—Thomas Aquinas

**Communal Blessing**

Source of All Light,

Though your illumination is weightless, we are bowed beneath it. Your light entering. Your light now our skin. Now our bone and marrow. Your light in our bloodstream. We feel you in our corpuscles, in our tingling fingertips. We scent your light as we breathe. You are the glowing spine within us, lifting us into your radiant wisdom. Amen.

**Music:** Spontaneous Improvisation in St. Anne’s, Jerusalem

<https://www.youtube.com/watch?v=sQ0P_ESHZtw>

*May light live within you and issue forth from you.*