

## **Early Morning Prayer via Zoom 6am to 7am**

**Wednesdays February 8<sup>th</sup> to April 5<sup>th</sup>, 2023**

**This is a come as you are, drop in invitation.  
Each week we will Practice Centering Prayer for 20 minutes  
And view a Video teaching with Thomas Keating  
From Part 5 of the Spiritual Journey Program:**

### **God is Love. The Most Excellent Path**

Fr. Thomas emphasizes in Part 5 of our program, "Divine Love: The Heart of the Christian Spiritual Journey" that God doesn't just show love, but God is love.

#### ***The Way of Love.***

*But I shall show you a still more excellent way. 1 Corinthians 12:31*



*Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated,  
it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury,  
it does not rejoice over wrongdoing but rejoices with the truth.  
It bears all things, believes all things, hopes all things, endures all things.  
Love never fails. If there are prophecies, they will be brought to nothing; if tongues, they will cease;  
if knowledge, it will be brought to nothing.  
For we know partially, and we prophesy partially,  
but when the perfect comes, the partial will pass away.  
When I was a child, I used to talk as a child, think as a child, reason as a child;  
when I became an [adult], I put aside childish things.  
At present we see indistinctly, as in a mirror, but then face to face.  
At present I know partially; then I shall know fully, as I am fully known.  
So faith, hope, love remain, these three; but the greatest of these is love.  
– 1 Corinthians 13:1-13*

Father Thomas says, 'It's the path of the spiritual journey where we grow in love and let go of our attachments. It's the path where we consent to receive the gift of inner transformation, where the divine life is transmitted to each one of us and then transmitted to the community, not so much through action but through being.'

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**To register for the zoom link and further details please contact  
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604-944-7447**