



## Imaginative Prayer

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- Find a quiet, comfortable place
- Choose a small portion of scripture, a Gospel story, or a poem
- As you read, picture yourself in the scene
- Use your senses to imagine how it looks -  
What do you see?  
Hear?  
Feel?  
Smell?  
Taste?
- Talk with God about any stirrings within you
- Give God thanks for a new awareness

# Belonging

by Rosemerry Wahtola Trommer  
(adapted version)

And if it's true we are alone, we are alone together,  
the way blades of grass are alone, but exist as a  
field.

And if it's true we are alone, we are alone together,  
just as thirty-five trillion red blood cells join in one  
body to become one blood.

And if it's true we are alone, we are alone together,  
just as one hundred thirty-six thousand notes make  
up one symphony.

And if it's true we are alone, we are alone together,  
just as a particle of dust dances in the light  
with all other dust.

And if it's true we are alone, we are alone together.  
as one body safely wrapped in the arms of the One  
who sees, knows, and loves us, alone and together -  
as a community of belonging.