

Westminster Weekly Window

June 22, 2025

Today's Message

"Legion"

Scripture Readings

Today: *Semicontinuous* 1 Kings 19:1-4 (5-7) 8-15a and Ps 42 and 43;

Complementary Isa. 65:1-9 and Ps. 22:19-28 Gal. 3:23-29; Luke 8:26-39 Luke 8:26-39

June 29, 2025: *Semicontinuous:* 2 Kings 2:1-2, 6-14 and Ps. 77:1-2. 11-20;

Complementary: 1 Kings 19:15-19, 19-21 and Ps. 16; Gal. 5:1, 13-25; Luke 9:51-62

Serving This Morning

Usher – Laura Van Riper
Greeter – Dick Helfrich
Coffee Hour – Laura Van Riper
(donated treats are accepted)

Serving Next Sunday - June 29

Usher – Abbie Alexander
Greeter – Dick Helfrich
Coffee Hour – Laura Van Riper
(donated treats are accepted)

Happening This Week - June 22 - June 29, 2025

June 22 – Sunday Service 10:30 a.m.

Please note that our Coffee Fellowship will be taking a break for the summer months and is scheduled to resume in the fall.

June 23 – WestMark Food Pantry, 9-11 a.m.

June 24 – Men's Coffee Group at Panera's at Westlake at 7:30 a.m. **(Wednesday of every week)**

June 29 – Sunday Service 10:30 a.m.

Looking Ahead

June 30 – WestMark Food Pantry, 9-11 a.m.

July 6 – Sunday Service 10:30 a.m.

July 8 – Session, 6:30 p.m.

July 24 – Foster Parent Support Group

August 6 – MBRA Monthly Meeting, 7 p.m.

**Lane closure for the Moss Avenue Reconstruction affects the southside of W Moss Avenue from N Western Avenue.
Please watch for flaggers and be mindful of the road work.**

June Birthdays

03 Denise Wirth	15 Larry Hicks
04 Mary Dill	19 Alma Fassett
05 Polly Brecht	26 Phyllis Rafferty
06 Doug McQueen	

WESTMINSTER PRESBYTERIAN CHURCH

Phone 309-673-8501
Fax 309-673-6708

1420 W. Moss Avenue – Peoria, IL 61606
Office Hours
Monday – Friday, 8:30 AM to 3:30 PM

Email office@westminsterpeoria.org

Website westminsterpeoria.org
YouTube [WPC Channel](#)
Facebook [WPC Page](#)

THE WELCOMING PRAYER

Welcoming Prayer is a powerfully transformative, contemplative practice of becoming deeply present and attentive to ALL that comes to us in our lives, so that we may live in healing and freedom.

Welcome, welcome, welcome.

I welcome everything that comes to me today because I know it's for my healing.

I welcome all thoughts, feelings, emotions, persons, situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem, approval, and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation, condition, person, or myself.

I open to the love and presence of God, and God's healing action within.

Amen.

The Welcoming Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. Its purpose is to deepen our relationship with God through consenting in the ordinary activities of our day. The Welcoming Prayer helps to dismantle the emotional programs of the false self-system and to heal the wounds of a lifetime by addressing them where they are stored—in the body. It contributes to the process of transformation in Christ.

Welcoming Prayer is the practice that actively lets go of thoughts and feelings that support the false-self system. It embraces painful emotions experienced in the body rather than avoiding them or trying to suppress them. It does not embrace the suffering as such but the presence of the Holy Spirit in the particular pain, whether physical, emotional, or mental. Thus, it is the full acceptance of the content of the present moment. [In] giving the experience over to the Holy Spirit, the false-self system is gradually undermined and the true self liberated. – Father Thomas Keating (1)

The Welcoming Prayer Method is to Focus, feel, and sink into what you are experiencing this moment in your body.

“Welcome,” what you are experiencing this moment in your body as an opportunity to consent to the Divine Indwelling. Let go by repeating the following sentences: “I let go of the desire for security, affection, control. I let go of the desire to change what I am experiencing.”

By pausing to pray this prayer, we stand in a grounded place, allow ourselves to embrace these moments, and then let them go. We choose freedom over attachment and control. As Cynthia Bourgeault teaches, this practice of surrender is not passive but rather “the active exercise of a receptive power.”

Grounded in such power, we can engage in fruitful action with liberation and love. What is mine to do today? How am I being freed to do it in a less reactive, more powerfully grounded way?

The Welcoming Prayer was developed and taught in this form by Mary Mrozowski (1925-1993), a founding member of Contemplative Outreach. Each phrase carefully represents key challenges and opportunities of the soul. (2)

I recommend this method of praying, as I have found this concept of acceptance to be helpful in my spiritual growth.

1. <https://nebraskacontemplativeoutreach.org/welcoming-prayer/>

2. <https://milehighmin.org/the-welcoming-prayer-2020>