



REACHING OUT



Orthopedics Department – FSE Field Hospital

1. Touch **I touch the Heart of Service.**

I hold my body in a humble bow, symbol of surrender, reverence and service. Holding this gesture, I consider whom I serve now, and whom I would like to serve. I reflect on the joy which service gives to my life. I open myself to the Spirit of Service.

I remember a small story of service, and a person who invited me to serve. If praying alone I hold that memory. If I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of Service ... I begin to realize that in present circumstances, there are many people in need. My heart goes out to them.

2. Desire **I desire to Reach Out and Serve.**

I slowly and prayerfully read the prayer text below:

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone.

To each is given the manifestation of the Spirit for the common good. 1 Cor. 12:4

I name all those I wish to serve ...

I ask the Spirit for a heart filled with generous service.

3. Breathe **I breathe in the Spirit of Service.**

I imagine the Spirit addressing me by name, saying, 'With my fire in your heart, reach out to help others'.

I imagine the Spirit breathing generous service into me. I breathe it in deeply, wait, then breathe it out through my desire to leave my comfort zone and serve.

I repeat as desired – breathing, moved, ready to serve ...

4. Reach Out **I end in thanks, considering two questions. Firstly, if possible, how might I reconnect with the person who called me to serve others? Secondly, to whom and how do I pass on this exercise – who could reach out urgently to serve those in greater need?**

Note: The three dots ... indicate the places to pause.

