



What Canst Thou Say?

Friends • Mystical Experience • Contemplative Practice

*You will say, Christ saith this, and the apostles say this: but what canst thou say?
Art thou a child of Light and hast thou walked in the Light, and what thou speakest,
is it inwardly from God? —George Fox*

Number 64-A
November 2009 Supplemental

Bread and Roses (Supplemental)

An Evolving Rote Prayer, Recited in the Morning

Mariellen Gilpin

*I praise and love and adore you, Jesus,
For this wonderful, marvelous gift of being prayed-
through by you,
And for your suggestion I invite you to do so.
Yours was the first motion.
I now praise and love and adore you for this opportunity
To renew my blanket invitation to you,
To pray through me
For whoever, whatever, whenever, wherever, however
thou wilt.
Do with me what thou wilt.
Only give me this one grace,
Never to lose faith in you,
Never to fear for myself,
Or complain of the way you treat me.
I praise and love and adore you for this opportunity to
renew my invitation,
If it be thy will,
To pray through me particularly for
(a couple dozen special souls, named one by one).
I praise and love and adore you for this opportunity to
renew my earnest entreaty,
And my celebration, that you help me day by day,
To dedicate this wonderful, marvelous gift of being
prayed-through
Entirely to loving and serving and pleasing you.*

*I praise and love and adore you for this new day—let
us rejoice and be glad in it.
I praise and love and adore you for delivering
(about a dozen troubled souls who wreak havoc
in the lives of those around them, named one by one)
From that which oppresses their spirit,
Redeeming them so they may come into their true
nature.*

*I praise and love and adore you for helping us all come
into our true nature.
I praise and love and adore you,
And I praise and love the positive and negative spirits,
For helping me get through yesterday, today and
tomorrow
Without succumbing to (the abuser's) influence.*

*I praise and love and adore you for blessing and
keeping in your care,
Shedding your grace in a very special way,
And sending some help to everybody on my prayer list,
Particularly all the positive and negative spirits in the
universe,
And my friendly aspects (shorthand for the parts of my
fractured self),
Who are all working hard to help me heal and integrate.
I praise and love and adore you for helping us know
ever more deeply,*

From the Editors:

One of the great blessings of serving as WCTS editors is the opportunity to frequently correspond with each other. Mariellen Gilpin blessed us with a stunning poem prayer and we are passing that blessing on to you. Excerpts were published in the November 2009 issue and the entire prayer is published as a Supplemental on our website <whatcanstthousay.org>.

Mike Resman and Judy Lumb
Editors for this Issue

*In every nook and cranny of life,
 Your amazing, abounding, and abiding great love,
 Poured out upon many for the forgiveness and
 redemption of sins,
 And for our great joy.
 For creating a universe in which we must choose
 between positive and negative
 As they vie for our attention and allegiance in response
 to strong negative feelings.
 For making available these six great good gifts
 And helping us claim them ever more fully, day by day:
 Choosing the positive ever more fully,
 Loving and serving and pleasing you ever more deeply,
 Looking ever more objectively when the strong negative
 feelings are upon us,
 Knowing ever more truly what you are calling us to do
 and be,
 Choosing to make your will our will ever more deeply,
 Being ever more addicted to loving and serving and
 pleasing you,
 So that our addiction to loving you takes precedence
 Over all our other addictions to lesser things.
 I praise and love and adore you for helping us all
 Keep our minds stayed wholly upon you,
 Draw ever nearer to you,
 See with your eyes, hear with your ears,
 Love wholly with your heart,
 Be wholly in and of and with you,
 Moment by moment, day by day.*

What Canst Thou Say? is an independent publication by and for Quakers with an interest in mystical experience and contemplative practice. It's published in August, November, February, and May. The editorial and production team is Lissa Field, Mariellen Gilpin, Lieselotte Heil, Richard Himmer, Chris Johns, Joan Johnston, Judy Lumb, Patricia McBee, Grayce Mesner, Mike Resman, Eleanor Warnock and Wayne Yarnall.

Please write for WCTS! Instructions to authors are on page 7. Send editorial correspondence to <mariellen.gilpin@gmail.com> or WCTS, 818 W. Columbia, Champaign, IL 61820. See the WCTS website for a history of WCTS and updated queries for future issues: <whatcanstthousay.org>

Subscriptions are \$10 for one year, \$9 per year for two or more years. Back issues are \$1.50 each, \$15 for a partial set (Issues 1-20, 21-40, 41-60), and \$45 for a complete set up to the current issue. Email subscriptions are \$5 per year. Subscription correspondence should be directed to Richard Himmer <info@whatcanstthousay.org> WCTS, 1035 Hereford Drive, Blue Bell PA 19422-1925.

Please write for permission before reprinting excerpts.

*For the great good gift of our positive and negative
 spirits working hard
 To represent our growing points unto us
 With ever-increasing salience, conviction and
 persistence,
 Diligence and love,
 Positivity and creativity.
 I love and honor my positive and negative spirits and
 their role in your universe,
 And I love and praise them and adore you for their
 work within.
 I praise and love and adore you
 for the great good gift of our positive and negative spirits
 working hard to remind me about,
 and help me deal in ever better ways,
 with any number of disabilities and maladjustments
 (here I name them – about two dozen, probably).
 I praise and love and adore you
 For helping us dedicate our whole selves, wholeheartedly,
 To loving and serving and pleasing you,
 Living that mission rather than our disabilities and
 maladjustments.*

*I praise and love and adore you for making available
 The positive forces of self knowledge, self awareness,
 clear boundary setting,
 Diligence, humility, trust, compassion for self as well
 as others,
 Love and peace, truth, wisdom,
 Courage and patience, humor and objectivity,
 Strength and faith.
 For helping us release some of the negative forces
 within.
 And especially, Jesus, for being with us.
 Since you are with us, no matter what happens, it will
 be all right.
 For helping us be with you, so that everything becomes
 worship and service.
 For helping us each find our unique and special place
 in the life of the Meeting.
 For helping us each live our lives so in harmony with
 your ways
 That others are attracted to a life in God too.
 For helping us each live in your life and power,
 Which takes away the occasion of all wars.
 For helping us each live in right relationship with your
 life and power.
 For helping us become your loving and listening friends
 and companions.
 For helping us know,
 Ever more deeply in every nook and cranny of life,*

Your loving friendship and companionship.
For taking any mistake we make and helping us turn it
into good and use it.
For helping us listen for and follow your guidance for
our lives.
For helping us forgive each other and listen each other
into wholeness.
And especially, Jesus, for uniting that of God in us,
For helping us nurture that of God in each other,
For giving us each other to help us lead spirit-led lives
together,
For blossoming forth in our midst.

I praise and love and adore you
For the gift, treasure, blessing, opportunity,
Privilege, honor, joy, duty and responsibility
Of loving and serving and pleasing you with everyone
on my prayer list,
And for helping us all love and serve and please you
truly.

I praise and love and adore you
For the gift, treasure, blessing, opportunity,
Privilege, honor, joy, duty and responsibility
Of praying at all, Jesus,
Of praying at all,
And I praise and love and adore you
For each and every one of these wonderful, marvelous
gifts—

Gifts like including in my prayers
(a list of problematic people who once made me
hallucinate to pray for,
but no longer have that effect);
Gifts like asking that (another short list of loved ones)
All get our lives ever more fully under your management;
Gifts like praising and loving and adoring you, Jesus,
Praising and loving and adoring you;
Gifts like spiritual direction, holiness, being prayed-
through and learning to pray with you.
I am so grateful for each and every one of these
wonderful, marvelous gifts,
Some of which it never occurred to me to aspire to,
And many more of which it never occurred to me that
I could ever aspire to again.

You have taught me that each of these gifts is
abundantly available to me,
Giving them to me one by one as I became strong
enough,
And you have promised me you will help me
Live into the fullness of each and every one of these
gifts.

I praise and love and adore you for the gift of this hunger
for your presence,
Hunger for prayer,
Hunger for worship,
Hunger for a little spiritual community
In which we may be known and loved,
And nurture one another in the life of your holy spirit.
I praise and love and adore you for this hunger to hear
your word spoken in our midst,
For raising up ministers and spiritual nurturers who will
share your word with us,
And for helping us nurture one another
So that we may all become ministers and spiritual
nurturers in your service.

I praise and love and adore you
For helping your messages come through
In the mind and heart of the speaker and the listener,
And in the lives of Friends everywhere,
And for helping us listen for your word,
Hear it when it is spoken,
And nurture one another
So that we may all become ministers and spiritual
nurturers in your service.

I praise and love and adore you
For pouring forth your love and compassion
On each and every one of us here in your universe—
Pouring them forth with such abundance, such utter
abandon,
That they simply flow on, through us, to the world
around us.

I praise and love and adore you for all your gifts
Strengths and weaknesses alike;
For our strengths are all also our weaknesses,
And you turn our weaknesses into strengths in your
service.
I praise and love and adore you for helping us dedicate
All our strengths and weaknesses
To loving and serving and pleasing you.

I praise and love and adore you
For the gift of your amazing, abounding and abiding
great love,
Poured out upon many for the forgiveness and
redemption of sins,
And for our great joy;
For the love of friends and family, which is a reflection
of your great love,
For the courage and strength and sustenance, support
and instruction

*You make available through your great love;
 For all the great good gifts of your holy spirit,
 Made available with such abundance,
 And unfolding like flowers in our experience,
 Particularly the gifts of life, great faith, great prayer,
 great love,
 Great adoration, great gratitude, great holiness,
 Great obedience, great humility,
 Great courage and sensitivity and creativity.*

*I praise and love and adore you for the gift of John,
 And for every minute of every day I get to be with him,
 And for all that these days and nights with him
 Continue to teach me about myself,
 About who and what he is,
 And how great thou art.
 For enabling me to leave this relationship when the
 time comes,
 For teaching me to work very hard,
 Because your gifts of the spirit are always available,
 No matter what;
 And for helping me dedicate all my thoughts and
 feelings, words and actions about John
 To loving and serving and pleasing you.*

*I praise and love and adore you for the gift of having
 known and lusted after (the abuser)
 And for those twin gifts, desire and addiction,
 Particularly our desire for and addiction to loving and
 serving and pleasing you;
 And for every minute of every day I got to spend with
 him,
 And for what I continue to learn about myself, about
 who and what he is, and about you.
 For enabling me to leave that relationship when the
 time came,*

*For teaching me to work very hard,
 Because your gifts of the spirit are always available,
 No matter what,
 And for helping me dedicate all my thoughts and
 feelings, words and actions about him
 To loving and serving and pleasing you.*

*For your loving and redeeming great faithfulness,
 For freeing us from bondage,
 For promising us you will always help us live without
 all our addictions to lesser things,
 And for the many remarkable ways you keep your
 promises
 Moment by moment, day by day.
 For taking away my anger at (the abuser) when I asked,
 For taking away my anger at myself when it never
 occurred to me to ask,
 For helping me live wholly in the here and now
 Instead of dwelling in anger and resentment over the
 past.*

*I praise and love and adore you
 Praise and love and adore you,
 Praise and love,
 Praise and love,
 Praise and love and adore you.*

SUBSCRIPTION FORM

Please send this form to: WCTS c/o Richard Himmer,
 1035 Hereford Drive, Blue Bell PA 19422-1925

- Enclosed is my check to What Canst Thou Say?
 _____ \$ 10 for a one-year subscription
 _____ \$ 9 per year for two or more years
 _____ \$ 5 for a one-year electronic subscription
 _____ \$ 45 for a complete set of back issues to the
 most current
 _____ \$ 15 for partial sets (Issues 1–20, 21–40, 41–60)
 _____ \$ 1.50 for individual past issues

Enclosed is a contribution of \$ _____
 I cannot afford \$10, enclosed is \$ _____
 Name _____
 Address _____
 City, State, Zip _____
 Phone _____
 Email _____

WCTS Editor Mariellen Gilpin was interviewed about the book listed below on “Keepin’ the Faith” November 25, 2007. You can listen to it at: <will.uiuc.edu/am/ktf>

***Discovering God as Companion:
 Real Life Stories from What Canst
 Thou Say?***

Mariellen Gilpin, Editor, Retail \$15.34, 172 pages

Get your copy: FGC Bookstore <quakerbooks.org> (800) 966-4556