

The Tuesday, 5:45 Contemplative Prayer Group meets for half an hour.

The form of quiet contemplation is personal and individual. Some are comfortable with Centering Prayer and some with other forms of contemplation. We sit in chairs by the alter, greet each other, start the quiet prayer with a 2 minute chant on CD, then 20 minutes of silent prayer, ending with 4 minutes of another chant on CD

We have been meeting for 3 1/2 years on Fridays at 5:30. Time change starts on Tues., Jan. 10.

Contemplation was once thought to be only for monks and cloistered nuns. It was rediscovered by Fr. Thomas Keating, Thomas Merton and others around 1950. It has since become a form of prayer used by Christians around the world. It is a time to let go of all worldly concerns, worries fears and the business of life. When we quiet ourselves for at least 1/2 hr. a week, we do come closer to God's Abundance, God's Love.

Guidance can be provided if you are unfamiliar with this form of prayer. We are a welcoming and supportive group. All denominations are welcome.

Peace,
Diane Beuerman