

Contemplative Prayer at UCC



*"We, too, are called to become like Christ.
We are called to be transparent, so that the light of the God can shine through us." ~ Beatrice Bruteau*

We meet for Contemplative Prayer every Thursday, (year round) at 7 AM in the chancel area of the church sanctuary.

All are welcome to participate in this simple hour of mostly silence. The first 30 minutes of our time together begins with a simple reading, followed by prayerful sitting in silence; the last half-hour begins with a brief meditative walk or stretching, followed by a period of engaging scripture, *lectio divina*. We end with intercessory prayer and the Lord's prayer.

If you are new to contemplative prayer or meditation and would like some help in getting started, please call Jean Woessner, 721-3540, or email [jwoessner at bigsky.net](mailto:jwoessner@bigsky.net).

More Information

Prayer of the Heart, 'Centering Prayer', 'Christian Meditation' are all forms of this silent prayer, prayer beyond concepts, a way of opening to communion with God, and more, an ongoing *practice* of awareness of God's transforming presence in **all** of life.

Lectio Divina (Latin words for "divine reading") is a prayerful reading of the scriptures in order to allow them to become part of one's life. In lectio divina, we let go of our "agenda" to hear what God might be saying to us. Lectio divina is a movement toward a deep listening to the living word of God within one's heart.