



# SPIRITUAL PRACTICE GROUP

June 3<sup>rd</sup>, 2020 10-11:30am

I AM [NAME]

I AM ARRIVING ...  
[COMPLETE THE  
SENTENCE]



## THE WELCOMING PRAYER: CONSENT ON THE GO

### *Movement One:*

**Feel and sink into** what you are experiencing  
this moment in your body.

### *Movement Two:*

**“Welcome”** what you are experiencing this moment  
in your body as an opportunity to consent  
to the Divine Indwelling.

### *Movement Three:*

**Let go** by saying the following sentence:

I let go of my desire for security, affection, control  
and embrace this moment as it is.

# Intention with Candles

*Three candles are lit.*

Presider: We light this candle in the name of the Maker, who breathed the breath of life for us.

We light this candle in the name of the Son, who saved the world and stretched out his arms for us.

We light this candle in the name, of the Spirit, who encompasses the world and blesses our soul with yearnings.

**All: We light three lights for the Trinity of Love: God above us, God beside us, God within and beneath us: the Beginning and the Everlasting One.**

Presider: I invite you to light candles for those persons and situations you carry on your hearts.

*Tea lights are lit.*



## REMIND US...

May these candles remind us of the brightness of your love and healing power.

Forgive us that we may forgive one another.

Renew us so that when we fail, we may begin again.

Amen



# Lectio Divina

Reflections by *Jonathan Wilson-Hartgrove*

First Reading	Before the first person reads you might say: "Notice a word or a phrase as you listen".  After the first reading invite people to share their word/phrase.
Second Reading	Before the second person reads you might say: "Notice anything that stands out to you, that has particular meaning for you" After the second reading invite people to share in a word or phrase what they noticed.

Third Reading	Before the third person reads you might say: "Notice what happens in your heart" "Following this reading, we will move into 7 minutes of silence and you are invited to receive the love of God.
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A couple of weeks ago, I was in Washington, DC. I listened to five women tell stories of how they've been hurt by the policies of systemic racism. I was standing beside Ms. Callie, a woman I first met when she shared how her daughter died of treatable cancer because the state of Alabama refused to expand Medicaid—because racial politics obstructed “Obamacare.”

As a liturgical act of worship, I linked arms with her, walked into the street outside the US Congress, and shut down traffic while weeping and wailing—crying out like we do at funerals at St. John's Church. After we were arrested, while we were waiting in processing, I went over to Callie and said, “A voice is heard in Rammah, weeping and great mourning, Rachel refusing to be consoled because her children are no more.”

The silence of the early morning is why I wake early. I can't be myself without it.

But as I grow in the life of faith, I feel more and more the connection between that silence and the silence at the center of Callie's cry—the silence of the down beat between the claps in a freedom song.

There is a still point in the turning world, and we practice contemplation as we ground ourselves in that place, not apart from action, but in the center of it.



## The Four Guidelines to Centering Prayer

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts\*, return ever-so-gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

\*thoughts include body sensations, feelings, images, and reflections

## GRANT US...

The blessing of your gracious presence, uphold and strengthen us in all goodness, and enable us to live consciously in the deep stream of eternal light.

Amen



## An invitation to share

What did you  
experience?

What are you  
invited to do  
or be?

## Reflections on Wednesday Practice Group

- What practices have been most helpful/least helpful for you over these past months of Zoom Wednesday gatherings?
  - Welcoming Prayer
  - Breath Practice
  - Lectio Divina – scripture
  - Lectio Divina - poetry
  - Ignatian Imagination
  - Contemplative Listening (to pre-recorded reflections/sermon)
  - Candle lighting
  - Silence/contemplation

## THE GRACE...

The Grace of our Lord Jesus Christ  
And the love of God  
And the fellowship of the Holy Spirit  
Be with us all, evermore.  
Amen

