

**Contemplative Sit**  
**Tuesday Morning, 8:00am-8:30am**  
January 2022



**Turning of the Hour Glass**

**Welcome**

Welcome to contemplative sit. We sit in the presence of God just as we are, and open to God's loving gaze. The invitation is simply to be here and now, to sit quietly, breathe, relax, and deepen your ability to settle into your own presence and into the presence of Divine Love already at home within.

**Contemplative Practice of the Month**

Our contemplative practice for January is Being Here. Despite uncertainty and disorder, the present moment is a great opportunity to awaken to deeper transformation, love, and hope. Amid the widespread need for healing, reality offers us an invitation to depth—to discover what is lasting and what matters. The Divine Presence is here.

Here  
Here I am  
Here I am with you  
Here is all of me  
Here we are  
Here

**Candle Lighting and Ringing of Bowl to Enter Silence**

As the candle is lit and the singing bowl rings we sit in the present moment here with God.

Silence for 15 minutes.

**Ringing of the Bowl to Leave Silence**

**Blessing with Pathways Body Prayer**

Praise  
Welcome  
Receive  
Open  
Bless  
Bow

[https://www.youtube.com/watch?v= NBwTp50\\_Jw](https://www.youtube.com/watch?v= NBwTp50_Jw)