

Contemplative Sit
Tuesday Morning, 8:00am-8:30am
May, 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 May is Meditating on New Life inspired by Joyce Rupp. She offers a meditation on the liminal experience of standing on a threshold, held between darkness and even death and the new life that wants to emerge. The Holy Spirit waits with us here offering life-giving energy to free us and gift us with what enables us to express the beauty of our soul.

Rupp offers this prayer:

Gestating Spirit,
your gifts of transformation
await me on every threshold.
Raise what has died in me.
Refresh it with your touch.
I open the door of my heart to you.
I open the door.

Candle Lighting and Ringing of Bowl to Enter Silence

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=BcvvZIHcxRM>