

Contemplative Sit
Tuesday Morning, 8:00am-8:30am
November 2021-2022



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 November is a meditation for healing. This practice awakens compassion and reminds us of the interdependent nature of healing. As we begin, gently close your eyes and breath in and out a few times. Hear and receive these words as they are read through twice.

May I be healed and whole...pause
May she be healed and whole...pause
May we be healed and whole...pause
May those I struggle to love be healed and whole...pause
May all beings be healed and whole...pause
All beings

Candle Lighting and Ringing of Bowl to Enter Silence

As the candle is lit and the singing bowl rings open, in the silence, to the encircling healing that is here.

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=6Fhd3qgr9tl>