

Contemplative Sit
Tuesday Morning, 8:00am-8:30am
October 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 October is a meditation for connection. This meditation invites us to witness the joys and pains that we hold in our bodies, our hearts, our joints, our cells. To begin, gently close your eyes. Breathe in and out. Feel the rise and fall of your chest.

Where is your pain?

Hold your pain.

Where is the pain of another?

Hold their pain.

Where are we connected?

Hold our pain.

Notice any tension around your heart.

Let it melt away.

Where is your joy?

Cherish your joy.

Where is the joy of another?

Cherish their joy.

Where are we connected?

Cherish our joy.

We enter into the silence holding each other in our sacred cosmic connection.

Candle Lighting and Ringing of Bowl to Enter Silence

As the candle is lit and the singing bowl rings, you are invited into silence.

Silence for 15 minutes.

Ringing of the Bowl to Leave Silence

Blessing

May you return
to your deepest heart
and extend this
heart to others.