

**Contemplative Sit**  
**Tuesday Morning, 8:00am-8:30am**  
September 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 September is a Listening Meditation for Grounding. This practice encourages us to find ourselves and each other in our deepest heart— a place where, in the words of the mystic St. Catherine of Genoa, "my 'me' is God nor do I recognize any other 'me' except my God."

Gently close your eyes and feel the gentleness of breath inside your body as these words are repeated:

My deepest me is... Love  
My deepest me is... Whole  
My deepest me is... Limitless  
My deepest me is... Infinite  
My deepest me is... Compassion  
My deepest me is... Sacred  
My deepest me is... Mystery  
My deepest me is... Forgiveness  
My deepest me is... Beauty  
My deepest me is... God  
My deepest me has knowledge to give  
I open my heart and listen...

**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 Body Prayer**

Praise  
Welcome  
Receive  
Open  
Bless  
Bow

<https://www.youtube.com/watch?v=c2thahBgErc&t=21s>