

**Centering Prayer**  
Thursday Morning  
8:00-8:30am



## **Turning of the Hour Glass**

### **Welcome**

Welcome to centering prayer. Rooted in the prayer tradition of the Psalms, we gather to “Be still and know God.” (Ps.46:10).

The intention is to enter into the pure, unknowable presence of the Mystery we call God.

To return to this intention, a sacred word may be chosen to repeat silently to yourself. A word may arise out of the text or from within. This word may be repeated continually in rhythm with your breathing or simply returned to whenever you notice your mind wandering.

This is the simple practice of centering prayer.

### **Reading**

As the text is read through twice, listen for a sacred word to return to as you sit in silence.

### **Lighting of the Candle**

### **Ringling of the Bowl to Enter Silence**

*Silence for 20 minutes.*

### **Ringling of the Bowl to Leave Silence**

### **Blessing**

The blessing of the God of life be ours,  
the blessing of the loving Christ be ours,  
the blessing of the abiding Spirit be ours,  
to help us, to cherish us, to make us whole.  
Amen.