

Contemplative Sit
Tuesday Morning
8:00-8:30am



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.

Reading from the Mystic of the Month

Lighting of the Candle

Ringling of the Bowl to Enter Silence

Silence for 20 minutes.

Ringling of the Bowl to Leave Silence

Blessing

Gathered and scattered

God is with us.

In suffering and hope

God is with us.

Now and always

God is with us.

Amen