

Kindle a Fire in your Spiritual Practice

Has your Spiritual practice lost its sizzle? Are you looking for new ways to rekindle your daily practice? Do you want to start a daily practice? This series is for both the beginner and seasoned practitioner.

Join us on Sunday morning at Adult Ed in the Benson Room from 9:30 – 10:15 AM. Leave your shoes and head at the door and enter with an open heart.

Sufi poet Rumi said, "There are hundreds of ways to kneel and kiss the ground." We will explore several prayer options to incorporate into your practice.

Sunday, September 28, 2014

"Body Prayer from a Different Angle"

Body Prayer is especially helpful for those having trouble feeling grounded or fully present in their body. We will explore Body Prayer from five positions using the Lord's Prayer observing how each position affects our feeling or sense of prayer. Wear comfortable clothing and bring a small towel.

Sunday, October 12, 2014

"Centering Prayer"

Centering Prayer is prayer without words. Its aim is to establish a deeper relationship with the Divine. This contemplative method of praying helps us become aware of the presence of God by withdrawing our attention from the ordinary flow of thoughts and bringing the mind to stillness, silence, and concentration.

Sunday, October 26, 2014

"Lexio Divina: Sacred Reading"

Lexio Divina is the contemplative practice of reading Scripture and other sacred texts with the intention of listening for a personal message. The practice of Lexio Divina enables us to develop the ability to listen for the "still, small voice of God."

Sunday, November 9, 2014

"Visio Divina: Sacred Seeing"

Visio Divina is a method praying with art or other media. When enter into this prayer experience, we discover the Divine speaking to us through images and symbols. Visio Divina invites us to see deeply in a contemplative space and pace.

Sunday, November 23, 2014

"Breath Prayer"

With this simple practice, our breath connects us with the presence of the Divine in our lives. We discover that every breath can be a prayer and every moment an opportunity for Divine inspiration.

Sunday, December 14, 2014

“Chant”

Chant is not so much an act of singing as it is an inner experience. We encounter a reality that is more real than our busy, daily lives. Chant is the Spirit made audible—Brother Davide Steindl-Rast. Catherine Rennert will teach us new chants from the Creation Spirituality Conference to invigorate our prayer.

Sunday, December 28, 2014

“Divination with Oracles”

We will explore praying with these ancient methods of Divination, Runes and I Ching. Both oracles may be used with prayer in order to find an answer to a specific question in a certain moment. Lead by Sallyann Roberts.