



Saint Joseph Contemplative Prayer Group
Meditation in the Christian Tradition

Wednesdays beginning August 23, 1:00 - 2:00 p.m.
Parish Center Library

Be still and know that I am God (Psalm 46: 10)

The person who practices meditation in the Christian tradition – praying in silence and stillness – seeks to be present and open in the present moment to God who is always present and open to us. Meditation or contemplation in the Christian tradition complements our other forms of prayer and with the grace of God enables us to be present and open to each moment and to others in daily life, and to find God present in all of life. Many people practice forms of meditative prayer such as *lectio divina*, Centering Prayer, the Jesus Prayer, Christian Meditation, or the Prayer of Recollection. This group is intended for adults to gather and pray communally with other adults in silent meditation and to receive encouragement and support in their own contemplative practice.

We will gather Wednesday afternoons beginning August 23 from 1:00 p.m. until 2:00 p.m. in the Parish Center Library. Each session begins with a welcome and time of formation to help prepare and guide us to the twenty-minute period of meditation. Following the meditation, a brief time will be spent reflecting on the experience. This will be an ongoing weekly gathering for meditation at our parish. You may wish to participate each week or come when you are able to attend. You may also wish to be placed on an email reminder list; if so, please contact Bob Valle at bvalle@sjpdg.org.