



Welcoming and Centering Prayer at Faith Episcopal Church

Wednesdays 9:30 - 10:45

Each Wednesday, a small group gathers in Faith's parish hall from 9:30 to 10:45. We begin with a brief embodied prayer, motions with prayerful meaning.

Sylvia Sepulveda leads us in Welcoming and Centering Prayer.

Welcoming Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting in the ordinary activities of our day — "consent-on-the-go." We use the Contemplative Outreach praxis booklet to guide our practice.

The Welcoming Prayer: Welcome. Welcome. Welcome. I let go of my desire for security, affection, control, and embrace this moment as it is. Welcome. Welcome. Welcome.

Centering Prayer is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. Our practice is guided by the Contemplative Outreach model, using poems as well as scripture for our pre-silence Lectio Divina.

To center ourselves in our bodies, we begin with intentional breathing.

The basic Centering Prayer customary: we ring a bowl, we share intercessory prayer, we ring the bowl, we listen to a reading four times (Lectio Divina format), we sit in silence for 20 minutes, and we conclude with the Lord's Prayer from the New Zealand prayer book.

Everyone is welcome. Sylvia asks that if you are unfamiliar with these types of practices, to please contact her before planning to attend: secretgardenpractices@gmail.com.

Her website is secretgardenpractices.com/centering-and-welcoming-prayer/