12.28.20

Welcome to these meditations!

Zoom is open from 8:45am, for anyone who wants to say hi… At about 8:55 everyone is muted while we quietly welcome each other in. At 9:03 I lock the meeting.

I usually share something that is arising in me – a thought, sacred text, chant, poem…. We then sit in silence together for 20 minutes, doing whatever practice is ours to do. Although my own practice of Centering Prayer is firmly rooted in the Christian tradition, I often draw from other traditions, and all are welcome to engage in their own practice. This meditation space is simply meant to be a grounding place for those who value the support of a group, and the opportunity of sharing a deeper connection with a bunch of fellow-travellers. It’s a place where together we can commit and re-commit and deepen our practice. These meditations are never just about our own spiritual growth, but always in service of Love – of both our personal and collective transformation. It is an opportunity to “cultivate a sensitive and rewarding relationship with eternal truth and love” (Rowan Williams)…. and to simply make room for the Divine Indwelling…..

Going forward, we are going to do 3 weeks on, 1 week off, 3 weeks on, 1 week off etc up until the week after Easter (in the first instance). This then gives us the opportunity to practice on our own, or in other ways, or just to have time off.

Below are the dates, if you want to mark your calendars.

Dec 28, 29, 30, 31

Jan 4, 5, 6, 7

Jan 11, 12, 13, 14

Week of Jan 18 no meditation

Jan 25, 26, 27, 28

Feb 1, 2, 3, 4

Feb 8, 9, 10, 11

Week of Feb 15 no meditation

Feb 22, 23, 24, 25

March 1, 2, 3, 4

March 8, 9, 10, 11

Week of March 15 no meditation

March 22, 23, 24, 25

March 29, 30, 31, April 1

April 5 (Easter Monday), 6, 7, 8

If you feel you’d like to make a donation, that would be really appreciated – you can do so either by sending a cheque to the Chapel, with morning meditations in the memo, or by clicking on any donate button on the website.

Thank you one and all!

Heather V

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