

Contemplative Prayer

Meditation for 2020

Earlier this year some people started praying for the future of our church by pausing at 2020 (8:20 p.m., military time) every night. We have a variety of contemplative practices, but they all share the intention to release our attachments to our smaller selves and consciously consent to the movement of the Spirit through us. These contemplative practices can help us step outside of the emotional roller coaster of this time. The practice of focusing on the Spirit's movement can help us with discernment and finding our way through our topsy-turvy world.

Given today's extraordinary circumstances, some of us felt called to connect more deeply by sharing this daily prayer through a video conference. We are meditating to open our hearts with a clear 2020 vision not just for our church but for the world. Drop in any night. No experience necessary. This meditation time is held in the tradition of Christian Centering Prayer, but you can practice any form of meditation that is most comfortable to you.

You can participate with audio alone or also with video. The room opens at 8 p.m. for social time; at 8:20 we'll begin with check-in, sharing a single word that represents how we are in the moment, then do a simple centering movement and sit in silence for twenty minutes. The room will close at 9. Please arrive anytime. After check-in, please mute your speaker to avoid feedback.

Please join the meeting here: <https://zoom.us/j/834155365>. You may also join (voice only) by dialing 312/626-6799 and entering meeting ID 834 155 365.