

Contemplative Prayer

Meditation for 2020

The Plymouth Contemplatives are an affinity group committed to personal and collective transformation. Together we share in contemplative movement, silence, and group discernment as ways to practice being present to God dwelling in our hearts, in Plymouth's congregational life, and in our wider community. 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 prayer through video conference and in-person. 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.

- Tuesday at 9 AM - [online](#)
- Thursday at 9:30 AM - [online](#)
- Saturdays at 9 AM, In person, registration required.
- Sunday Mornings at 9:30 AM - [online](#)

You can join the online meditation by phone (voice only), participate online with audio alone, or also with video.

While the weather is warm, our in-person gatherings are held on the east lawn at the church, north of Franklin facing Nicollet. However, please RSVP to contemplatives@plymouth.org, as we do occasionally meet elsewhere or cancel due to the weather. In-person gatherings are at a social distance. Please bring something to sit on and sun protection. If any participant requests, the group will wear masks.