Reflection on Contemplation and Compassion for 6th April 2022 – With Rob and Fiona

Opening words: This week, we are meeting in person. If you are meditating alone but would like to feel 'with us', we meditate at 7.30 pm on Wednesday in the prayer room of Wisdom Centre. The tradition we meditate in is Centring Prayer which is fully inclusive of all traditions of Christian Meditation and welcoming of World Traditions.

Welcome to Christian Meditation in the Centering Prayer Tradition: A very warm welcome from Fiona, Marie, Rob and Hazel, the leaders of the Christian Meditation group at Wisdom Centre, Romsey. The whole session is about 50 minutes. We meditate, beginning with an opening prayer followed by reflections and then 25 minutes of silence. We hope you enjoy your meditation with us.

Opening Prayer: Eternal God, through our meditation, may the ears of our hearts be attentive to your Word. May we seek and find You. Awakened to Your presence, may we be joyful, embodying peace, patience, kindness, goodness, faithfulness, gentleness, and self-awareness. May we follow Your teaching, seeking also the wisdom of the Holy Fathers and Mothers. May we, therefore, commit to community, love of earth, stability, peace and justice making. **Amen**

Introduction: Today we are listening to a talk via YouTube and being inspired by the words of Revd. Dr Cynthia Bourgeault on Contemplation and Compassion. Bourgeault talks about her continuing journey in Contemplative Living. The turning point in Cynthia's journey came in 1990 when she ventured to St. Benedict's Monastery in Snowmass, Colorado, for a ten-day Centering prayer retreat led by Fr. Thomas Keating. To listen at home, here is the video:

https://www.youtube.com/watch?v=l3UozlXnCNo

Preparation for Meditation

We will now enter a period of meditation, reflecting that we are both together in this room, joining with others meditating at home and participating in the silence at the heart of creation, connected to the mystery of all that is. Before beginning our meditation, you may wish to adjust your posture, you may wish to pay particular attention to the rhythm of your breath, taking a calming deep breath in through your nose, and a slow breath out, letting go fully. Then repeat this a few times. If you have a sacred word, you might notice its rhythm, perhaps noticing how your word is in time with the breath, or you may wish simply to focus on a candle or to follow the breath. We Return to our meditation object or point of focus whenever we are aware of the mind wandering off, in a spirit of non-judgmental acceptance.

Possible short discussion on the talk

We will meditate together for 25 minutes

After Meditation

In preparation for Easter Season coming…

“The Risen Lord is indeed risen. Present, intimate, creative, 'closer than your own heartbeat,' accessed through your vulnerability, your capacity for intimacy. The imaginal realm is real, and through it you will never be separated from any one or anything you have ever loved, for love is the ground in which you live and move and have your being. This is the message that Mary Magdalene has perennially to bring. This is the message we most need to hear.”

— Cynthia Bourgeault, The Meaning of Mary Magdalene: Discovering the Woman at the Heart of Christianity

Closing prayer: Loving and Eternal God, we thank you for the gifts of prayer, meditation and contemplation. We thank you for being with us and for this community. May we, therefore, pray with all others, as one community, one world and one spirit to One God…

Moments of your personal prayer follow…**Amen.**

Thank you for meditating with us; please join us again soon. Stay safe and well.

Resources:



Our peaceful outdoor spaces promote wellbeing and are open to all, free of charge.