Wisdom Centre

A Ministry of the
Daughters of Wisdom

We create space for people . . . space to meet, space to reflect, space to talk, space simply to be. At the heart of this is hospitality rooted in the tradition and spirit of the Daughters of Wisdom. Our flame logo gives expression to these roots: the warmth of hospitality, the light of the Spirit, the spiral path to Wisdom.

For more information:

Tel: 01794 830206 or email:
reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.org.uk

Wisdom Centre

Wisdom Centre is a Ministry of the Daughters of Wisdom, an international Congregation of Religious Women. We offer the Centre at Wisdom House to people of all faiths and none as a sanctuary of peace and tranquillity.

Safeguarding: The Congregation of the Daughters of Wisdom is committed to promoting and implementing the safety and wellbeing of children and adults. We start from the principle that each child and each adult has a right to expect the highest level of care, protection, love, encouragement and respect.



Wisdom Centre
Romsey, Hampshire, SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk
www.wisdomhouseromsey.org.uk

Meditation

‘Be still and know that I am…’ Meditation in the Centering Prayer Tradition



Every Wednesday*
7.30-8.30pm
Drop-in. Please arrive by 7.25pm
(If you are coming for the first time, please contact us in advance)
No charge - donations welcome





Wisdom CENTRE

Meditation

‘Be still and know that I am …’ Meditation in the Centering Prayer Tradition

Called the prayer of the heart, meditation is often at the centre of spiritual practice for the spiritual but not religious. It also has ancient roots in all religious traditions.

Centering Prayer is a method of meditation which places a strong emphasis on interior silence - because of this it is compatible with mindfulness, the basic form of Buddhist meditation.

Centering Prayer, properly speaking, is a method of prayer that helps the practitioner to prepare, through meditation for the gift of contemplation. It is a method of prayer that fosters interior silence and stillness: a prayerful way of responding to the call of the Psalms: ‘Be still and know that I am God’ (Psalm 46:10). Buddhists may identify with a similar sense of ‘one-pointedness understood as tranquillity of mind.

For Christians, Centering Prayer is a movement inward, toward a deeper union or communion with God while laying aside those things that limit such a deep connection.

Centering Prayer is based on teachings from ancient Christian mystics, notably the traditional Benedictine monastic practice of Lectio Divina and the practices described in the fourteenth century classic *The Cloud of Unknowing*, in the writings of the Desert Father, John Cassian and those of mystics Teresa of Avila, John of the Cross, Fr Thomas Merton and Fr Thomas Keating.

The Practice:

The method of Centering Prayer involves four simple guidelines:

First: choose a sacred word/symbol of your intention to consent to God’s presence and action within (this could be the breath). Consider using a word of just one or two syllables, such as: Be Still, Love, Grace, and Peace.

Second: Settle briefly and silently introduce the sacred word/ Symbol as the symbol of your consent to God’s presence and action within.

Third: When engaged with your thoughts, which can include body sensations, return ever-so-gently to the sacred word. The sacred word is not a mantra or prayer: your consent to God’s presence and action is. Because you introduce the sacred word silently, you may find that the word itself drops away, leaving only silence. This is fine.

Fourth: Finally, at the end of the suggested twenty-five minute prayer period, remain in silence with eyes closed for a couple of minutes, this is the beginning of contemplation.

Examples of reflection online at: https://www.wisdomhouseromsey.org.uk/our-programme/

Meditation

‘Be still and know that I am…’ Meditation in the Centering Prayer Tradition

If you would like to express your interest please fill in the form below – this is not a booking form

Name .....

Address .....

.....

.....

.....

Telephone .....

E-mail.....

Yes ☐ I am happy to be contacted by phone/ email about this and similar events at Wisdom Centre.

Have you been to Wisdom Centre before?

Yes ☐ No ☐

If you are a first time attendee, please contact us ahead of the session (email only after 4.30pm).

Find us: From Romsey town square go under arch, we are 200m on the left.

Wisdom Centre, Romsey, Hampshire, SO51 8EL
Tel: 01794 830206
Email: reception@wisdomhouseromsey.co.uk

* Meditation may not take place Easter/Christmas week. We also take a short summer break.