

Wednesday Evenings during Lent



.....Come rest awhile





The apostles rejoined Jesus and reported all they had done and taught. He said to them, "Come with me, by yourselves to a quiet place where you can rest quietly." So they went away by themselves in a boat to a solitary place.

Mark 6; v 30-32

A Sampler of Contemplative Practices for our Spiritual Journey

6:00 p.m. Soup and (potluck) sandwiches 6:30 p.m. Program 8:00 p.m. Compline

Our program began February 24th when Brother Thomas from Mt. Calvary, was with us.

- 3/03  Taize Chant
Presented by The Rev. Lark Diaz. Taize Chant is the short musical phrases and simple melodies of Taize chants, candles and icons creating a reflective, contemplative atmosphere for prayer. Learn about the history of the Taize community in France, why this style of prayer is so popular around the world, practice some of the chants and then join in a joyous yet prayerful time of worship.
- 3/10  Centering Prayer
Presented by Sue and Chris Hagen, co-coordinators of Contemplative Outreach of North San Diego. Centering Prayer is the deepening of our relationship with the living Christ. It is not meant to replace other kinds of prayer but rather to add new dimension to them. This method of prayer is a movement beyond conversation with Christ to communion with Him.
- 3/17  Lectio Divina
Presented by John Wavrik. Lectio Divina (divine reading) is a very ancient art of reading the Scriptures for inspiration. It was practiced, at one time, by all Christians and has been kept alive in the monastic tradition. The monks refer to the practice as Praying the Scriptures.
- 3/24  Chanting the Psalms
Presented by Ruben Valenzuela, *Director of Music*. *Thoughts on the practical use of Gregorian Psalmody*. Listening and Silence. Be still, and know that I am God* (Psalm 46:10)
By disciplining our wandering thoughts to rest attentively with the sound of chanting voices, we are to potentially find within ourselves a mental and emotional stillness. Chanting is more a form of prayer than it is music in the conventional sense.

Please contact Anne Page (858 755 1616) to secure childcare.
Please contact Mother Paige if you would like to help with set-up or soup!