

Invitation to Silence and Prayer

This year during the Season of Lent, we are inviting the entire community of faith into a daily time of intentional silence and of prayer. We ask that you plan time each day to enter into the practices of silence and prayer.

Silence:

Silence allows a connection to God beyond what words can express. With Holy Surrender of our own agendas comes a fuller receptivity to God's voice in our hearts. The daily practice of Centering Prayer provides the space to clear the chatter from our minds and to listen. You are invited to commit to this practice of daily Centering Prayer for Lent. Cards with suggestions on How to do Centering Prayer are available in the Sanctuary, and on the Resources section of our website.

Prayer:

Prayer allows one to sit with God amidst the joys and troubles of the world. There are times that prayer helps the one praying by clearing the mind and allowing God's voice to be heard. There are times when prayer benefits the person for whom someone prays. During Lent, we invite you into a practice of daily prayer as we "Pray the Directory." Each day during Lent, beginning on Thursday, February 15, there will be 4-5 families listed, and we ask the community of faith to hold them in prayer that day. By the end of Lent, we will have prayed for everyone in the Directory.