**Contemplative Prayer Report, January 2024**

We strive to provide a welcoming “gathering place” for those interested in developing a contemplative prayer practice and to support each member’s unique spiritual journey and relationship with God, particularly as it plays out in daily life.

Although there are many forms of contemplative prayer, centering prayer is our main practice. We started in January 2021 and meet once each week (currently on Wednesdays at 7:15 pm) in a hybrid format, with some members at church (the vestry room) and others on Zoom. The meetings last one hour and consist of a short prayer, followed by 20 minutes of centering prayer. We then do a check-in where people can share anything that has come up for them recently in their prayer practice or their spiritual journey. This is followed by a group reading from a book chosen by the group (currently “Silent Compassion”, by Richard Rohr). The remaining time is then open for comments on the reading or individual faith sharing. We close each meeting with a group vocal prayer.

We welcomed a few new members this year, and average anywhere from 6-12 members in attendance each week. We instituted some shared leadership with different members leading meetings, communicating with the group, and setting up the meetings.

 Once again, we hosted a contemplative prayer retreat at Holy Communion in November highlighting a variety of contemplative practices, including walking the labyrinth. It was attended by members of the parish and quite a few from outside the parish.

The Holy Spirit continues to inspire and support us as we seek to be aware of God’s presence and action in every moment of our life!