

CONTEMPLATIVE WORSHIP

Sunday, December 31, 2023, 10-11:30 am

Welcome and Guidelines

- Please remain quiet while in this contemplative space.
- You are welcome to stay for as long or as little as you like. The sanctuary will be open from 10 am to 11:30 am.
- While here you may choose to engage with four worship and contemplative practices, or simply sit in prayer and contemplation. These practices are outlined below.

Optional Worship and Contemplative Practices

- Receiving an anointing from Pastor Nikki.
- Engaging a self-led Lectio Divina (divine reading). A sheet outlining this practice is available in the Narthex and at the podium near the glass entry door in the sanctuary.
- Engaging in a self-led prayer with prayer beads. The beads, instructions on their use, and suggested prayers are available in the front pew.
- Follow the guided body-awareness meditation. A sheet outlining this practice is available in the Narthex and at the podium near the glass entry door in the sanctuary.

When you are ready to leave . . .

- You may leave an offering in the plates at the narthex and at the glass door exit at the back of the sanctuary.
- Please leave quietly so as not to disturb others.
- Please leave the prayer beads for others to use.
- Feel free to take home handouts.
- Say a prayer of thanksgiving for our musicians.