

Listening Spirituality Series

August 17, 2008

At our first “interim” meeting at 9:00 AM, we continued our conversation from the first Forum and explored what other interests, wishes, issues, or inspirations came from what we had initiated at the previous meeting.

Comments indicated that group members wanted to:

Learn how to “remember” God more throughout the day, to be more consistent in spiritual practices

Create a space physically as well as temporally to help in deepening their practice.

Experience the energy and insight of the group.

Find out more about others’ approaches to spiritual practices.

Explore different traditions—Centering prayer, meditation practices, etc.

Form small groups to examine specific topics in more depth as the interest develops.

Focus on ways to deepen practice both within the meeting time and outside.

Tune in more to the “gathered space” and the experience of “holding the meeting in worship” during challenging times.

Remember Ann Lamont’s (?) two prayers: “Help, help, help!” and “Thank you, thank you, thank you!” and the suggestion to create a prayer list to keep in your pocket as a way to stay aware of prayer during the day.

Make a “transition” from other traditions to the Quaker practices. Release old patterns and wounds and incorporate more inclusive perspective.

We decided to aim for meeting generally every two weeks, either during Forum time when scheduled or at 9:00 AM prior to meeting. We will meet next time on August 31st at 9:00 AM.