
Using Your Contemplative Moment Cards for Opening a Meeting

Use one card, such as the BREATH MEDITATION, BE STILL, or CHANT, to bring a group into focus and awareness.

Set out a beautiful bowl of water, then invite the group to join you in an opening ritual using ANCIENT CELTIC BLESSING. Or you might bring bread to share and use DAILY BREAD as an opening.

Here are three more suggestions for using your Contemplative Moment cards to provide an opening for meetings or gatherings.

Breath Prayer

Sort through the pack of Contemplative Moment cards and choose one of the Breath Prayers. Share this background with the participants. Then choose a period of time for praying. 1-3 minutes is good for a start.

The Breath Prayer is a tradition rooted in the experience of the Desert Fathers and Mothers of the 3rd Century. They fled the cities for a life of solitude in the desert. They wrote little, but quotes and stories give us a glimpse into their desert spirituality. From this we learn their desert practices.

The Breath Prayer is a short verse, often drawn from scripture. It was repeated over and over. It was prayed as they sat outside their caves and huts weaving baskets from reeds. It was spoken on the breath as they went to sleep at night. Often they awoke with the prayer on their lips.

We can learn breath prayers to carry in our heart and use as we go about our daily life and find ourselves waiting in lines or needing a soul pause. Our breath prayers end up carrying us.

Here is a Breath Prayer we can use to enter into our meeting/gathering. (Follow the directions on one of the BREATH PRAYER cards)

A Feast of Moments

If the group is small and you have time, put the cards in a basket and invite each participant to choose one. Light a candle. Then, go around the circle and invite participants to read what is on their cards. It might be a gesture or prayer the group can engage, or the words might evoke a story or memory that can be shared with the group. Allow a moment of silence between cards. End with the BE STILL or FLAME OF LOVE.

Scripture Short Lectio

Sort through the pack of Contemplative Moment cards and choose a card with a scripture verse. You may want to share this background with the participants: Lectio Divina means "Sacred Reading." It is the monastic practice of taking a verse or two of scripture and reflecting on it with your heart.

Then lead this process:

1. Read the verse. Allow a minute of silence.

2. Read the verse a second time. Invite participants to notice a word or image that shines or stands out for them.
3. Read the verse a third time. Invite participants to share (if they wish) a brief story of how the verse touches their experience or stirs a memory.
4. Conclude with reading the verse a final time.