

*In contemplative prayer
we seek to become the
person we are called to
be, not by thinking of
God, but by being with
God. Simply to be with
God is to be drawn into
being the person God
calls us to be.*

John Main



*Be
still
and
know
that
I am
God.*

Ps. 46

CONTEMPLATIVE MORNINGS



Benedictine Peace Center



Sacred Heart Monastery
Yankton, SD

What is Contemplative Sitting?

This silent, wordless way of prayer is an ancient Christian way of simply being present to God and God's ways with us. It is a normal development of the grace of baptism and flows naturally from a faithful prayer life.

It is a receptive silent prayer flowing from the desire to be available to God. This form of prayer was taken for granted in the early centuries of the Church but decreased in usage in the Western Church through the centuries. Contemplative sitting prepares our hearts for contemplation and opens us to the loving presence of God calling us to conversion and transformation. While this form of prayer does not replace other kinds of prayer it hopefully adds depth of meaning to all prayer.

Silence

*is God's first language.
Everything else
is a poor translation."*

Thomas Keating

Various Approaches to Contemplative Sitting

Teachers of contemplative sitting have called the practice by various names. One well-known approach is called Centering Prayer developed by Cistercian monks, Thomas Keating, Basil Pennington, and William Menninger. Other teachers include John Main and those who teach a breath prayer.

No matter what approach an individual has learned, it is possible to sit in silence together—opening to God praying in and through us. It is praying in a contemplative mode.

Individuals who do not already have a practice of contemplative sitting are welcome to request a brief instruction prior to a scheduled Contemplative Morning.



How Can I Participate?

Contact us to join the group that gathers at the Benedictine Peace Center once a month for a morning of Contemplative Sitting or to inquire further.

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What Happens at a Contemplative Morning?

A contemplative morning consists of group prayer of two- 20 minute periods of centering prayer, a half hour break and another 2 sessions. The morning concludes with a discussion of an assigned article shared to enrich our spiritual lives and contemplative practice.