

Lectio Divina

A time to come together, pause and listen more deeply to the living word.

Our time of prayerful listening follows a simple structure.

1. We begin by listening – first listening to one of the Sunday readings read aloud to us. We then continue to listen to the reading as it sounds in the quiet of our hearts. If a particular word, phrase, sentence - or action - strikes us, we may stay there and listen for what it says to us.
2. After 10 minutes or so, we are invited - if we are moved to do so – to share a word or sentence in the reading that has particularly struck us. Those who wish, simply speak out the word or phrase or sentence. We don't discuss or explain our choice, we simply share it.
3. When all who wish to share a word or phrase that has struck them have done so, we listen to the whole scripture passage read a second time. Again we listen to the word as it speaks to our hearts. Maybe we will hear it differently, prompted by the phrases shared by others in the group, or simply because we hear it read by a different reader. Maybe we stay with what first struck us. Again we keep silence and for 10 minutes or so pray together with what we hear.
4. After that silence, those present are invited to share what they themselves have heard during this time of prayer – if they wish, and feel comfortable doing so. It may have been something comfortable, or something challenging. It may be something that speaks to our world or local community, or just to the person themselves. The invitation is to share what we have heard and what it means to us: God's word and our response to that.
5. In this final stage the group continues to listen. The discipline of the *lectio* is that we simply listen to each other - we don't discuss or question, nor is *lectio* a time for 'scripture study'. Instead, it is a privileged time when we listen to each other speak of the dialogue that has taken place between God and them, during this shared time of prayer.
6. The meeting closes with a reading of a psalm.

All are welcome. *Please try to arrive in good time, so as not to disturb the shared silence and prayer. (But if running late, still come! Just come in and quietly take a seat, and join in the listening, the prayer and the silence)*

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