



OLD ST. PATRICK'S
oldstpats.org

A CONTEMPLATIVE COMMUNITY

Hosted by Old St. Patrick's Church

Online

LOOKING FOR A COMMUNITY TO ENHANCE YOUR SPIRITUAL PRACTICING?

Contemplation is communication/communion with the Divine Presence that makes minimal use of words and images or dispenses with them altogether. Contemplative practices, like meditation and lectio divina tend to be solitary experiences, that we believe should not always be done alone. Participating with others enriches the experience for all of us. We benefit from one another's companionship.

Many in our community practice Centering Prayer, but we don't prescribe any meditation method, only invite you to be prayerfully silent with us in our collective desire to enter into a more conscious awareness and communion with Divine Presence.

Our Full Chapel experience begins with a 20-minute period of silent meditation, followed by a short excerpt from a sacred text read prayerfully three times. A period of holy sharing and time for intercessory prayer concludes our time together. Daily chapel readings are taken from Christian scripture and its mystical literature, poetry, and the texts of other wisdom traditions.

Our community ground rules keep us from confronting and correcting each other — if we are called to share, and not everyone does, we speak from an "I statement" sharing how the day's reading relates to our own experience. As a result, a circle of trust develops where we sit quietly with our own and other people's thoughts. In such a circle, the Holy Spirit can speak to us and through us.

There is no cost to participate. Just complete a simple registration form. Once you have registered, an email will be sent to you with the URL for participating in any of the chapels throughout the week. Come as often or as little as you please.

Sharing your contact information allows us to contact you with important news about our contemplative community, including our chapel themes, regular book discussions, trainings and in person days of prayer.



To register for the chapel,
use [this link](#) or QR code.

CHAPEL SCHEDULE (CST)

Mon 7:00am Full Chapel

Mon 7:30pm 30-minute
guided Loving Kindness meditation

Tue 5:00pm Welcoming
Prayer Practice

Wed Noon Full Chapel

Wed 7:30pm Full Chapel

Thur 8:00am Full Chapel

Thur 5:00pm Welcoming
Prayer Practice

Fri 10:00am Full Chapel

Sat 7:00am Full Chapel

QUESTIONS?

Contact Al Gustafson at
alg@oldstpats.org