

Silence

Solitude

Weekly Practices

Aug 24: Noise Audit

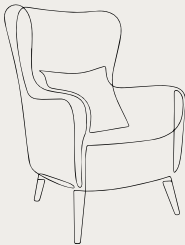
How noisy is your life? Are there any moments of complete silence? How do you feel when there is? Do a noise audit to think about your relationship to sound and feelings about silence.

Aug 31: Silence

Spend 5, 15, 30, 60 minutes in silence. Start with where you are comfortable. Your mind will wander. Pick a word to gently bring your focus back to God.

Sept 7: Palms Up, Palms Down

Hold your palms facing down as you give to God your worries and stress. Then turn your palms up to receive God's grace and peace.



Sept 14: Facing Ourselves

Bring the hard things to God. Express your anger, fear, sadness and shame before God. Commit to being raw and open with God for a set amount of time.

Sept 21: The Desert

Define your “desert place” and go there. This might be a room, a chair, a path. This is the place where you go when you want to be alone with God.

Sept 28: The Desert 2

Desert experiences can be a catalyst for formation if we remain attentive. Spend more time in your “desert place” this week.

Oct 7: Retreat

Take a silent retreat. Resources are available in the Narthex or join MPC for a day of silence Oct 16 Meet at the church at 9am.

