



## SPIRITUAL SPRING TRAINING MEDITATION, March 7, 2010

What would quieting your mind look like or feel like to you today? What about this moment?

“Be at rest once more, O my soul” (Psalm 116:7).

Meditation provides an opportunity to reflect deeply. It is a quiet state that strengthens the mind and improves concentration. It reduces muscle tension, pain, anxiety and emotional restlessness or distress. Health professionals and athletes employ and recommend meditation methods for the healing of the body and mind.

“Learning to draw water up from the spiritual well is a hard labor indeed because our senses are so much in the habit of flitting about from one worldly distraction to another. And so you must learn to set aside what you see and hear in order to see and hear what God would pour out upon you from God’s invisible kingdom. When we begin to renew our minds in this way (building the habit of constantly, deeply meditating upon Lord Jesus) we draw water up out of the deep wells of salvation (Isaiah 12:3). So this is our part in the work – to wrestle with our wandering senses and our flitting thoughts. And God’s part is to enliven our meditations by the power of God’s Spirit so that it becomes for us living water. This part, of course, does not depend upon us at all. It depends upon God.  
Saint Teresa of Avila

Consider this: Meditate by quietly reflecting upon these words:

“My soul finds rest in God; God is my rock, my salvation, my fortress. I will not be shaken.” (Psalms 62:1-2)

In the silence and stillness my heart waits for you. For you alone, God of all, my soul waits for you.

Try: The “4 Ps” – Passage, Place, Posture, Presence

Passage – choose a poem or a passage from the Bible or another source

Place – find a quiet place to sit

Posture – be in a relaxed and attentive posture

Presence of God – awaken to God’s presence by paying attention to your breathing

Use your imagination to place yourself in the scene. Use all your senses. Allow the story to happen in your imagination. Take time with whoever you find in the story. It might be Jesus or Moses. It might be some animal or a person.

Ponder what happened during this meditation? What struck you as being significant? What was your mood? Did God show you something?

## **TODAY**

### **WALKING MEDITATION**

Our canvas labyrinth has been laid out in Great Hall. A labyrinth is an ancient design enlarged into a walking path. Walkers are encouraged to surrender their burdens and follow the winding path to the center and then follow the same path back to the entrance/exit. Here is an opportunity to slow down and listen for the still, small voice of God. Someone is available to talk with you before or after your walk.

See our permanent labyrinth painted on the floor of N103/104. Come to our Open Labyrinth Walk every Friday, 5-7pm, Fellowship Hall or N103/104. When the weather gets nice, follow the signs at the rear of Luke's Lodge and find our Daylily Labyrinth in the neighborhood to the north of our property.

### **CLASSES**

#### **DEVELOPING SKILLS FOR MEDITATION**

If you have always wanted to learn to meditate but aren't sure how to begin, here is the class for you. Learn a simple, holistic way to quiet your heart, calm your mind and listen deeply. You will receive great benefits by giving 10-20 minutes a day to this discipline. Bring a blanket. 3 Mondays, March 8-22, 1-2:30pm, Spiritual Life Center. Registration required, limited to 12, no fee. Taught by Barbara Burke, Ed.D

#### **ON-GOING MEDITATION GROUP**

Beginners and experienced meditators are welcome to join in ½ hour of discussion followed by ½ hour Christian meditation. Mondays, 6:30-7:30pm, Spiritual Life Center, no fee or registration.

#### **YOGA AND QIGONG CLASSES**

Daytime and evening classes. Check website and Communion Monthly

#### **DRUMMING CIRCLE**

4<sup>th</sup> Wednesday, 6:30-7:30pm, Modular Building. Drums provided or bring your own.

#### **CELTIC CONTEMPLATIVE SERVICE**

1<sup>st</sup> Wednesday, 6-6:30pm, N103/104. Flute, readings, labyrinth, silence and communion.

### **RESOURCES**

- 1) "Guided Meditations with Kent Millard and Others." Available in Oasis and on website. Kent Millard, Scott Semester, Barbara Burke and Carol Ernst have recorded guided meditations to help you develop your meditation skills. Just go to [www.stlukesumc.com](http://www.stlukesumc.com) and select "Guided Meditations" under the Lenten Opportunities section. You will be able to hear and participate as often as you want to or download onto your iPod or CD. If you would like to purchase a CD, they will be available in Oasis in Sunday, March 7, \$10
- 2) "Full Catastrophe Living" by Jon Kabat-Zinn. Available in Oasis.
- 3) "Intimacy with God: An Introduction to Centering Prayer" by Thomas Keating. Available in Oasis.
- 4) "Be Still and Know God, a practical guide to Christian Meditation" by Jane Sweet. Available in Oasis, \$5.99.