

Christian Meditation in Fish Creek Park

Submitted by Linda Humphreys

It was a beautiful morning as we gathered in a secluded area of Fish Creek Park for a morning of sharing, sunshine and meditation. After catching up on travels and life events, we settled in and shared short readings from *An Introduction to Christian Meditation*. Bundled up and comfortable, we then spent 25 minutes in silent meditation. The gentle breeze, warm sun, and cacophony of birds created a wonderful environment for opening our hearts and senses to the spirit of God.

Next we embarked on a 10 minute individual meditative walk, heading in different directions. Some chose a path along the river; others wandered into the forest or along a trail. We each had chosen a specific focus for our walk such as the surroundings God had placed us in, the people around us and how amazing it is that God has time for each of us, or a scripture and what God was wanted to show us through it. In all cases we were open to hear and see what the Lord might have to say to us.

As we gathered back at our site, we shared what had come to mind on our walk including the beauty of the fall morning, the changing of the season, and the power and strength of our unity. We ended with our closing prayer and headed off enriched by our time together, and our time with God.

If you would like to join us for our weekly Zoom meditation and occasional in person get together, please contact Sharon and Ken Burrill at skmeditates@gmail.com.



