

## Christian Meditation Mondays ~ *Linda Humphreys*

Did you know that a small Christian Meditation group has been active at St. Andrew's for almost 7 years? The group began in the fall of 2019, meeting weekly as a spin-off from one of the STAC prayer groups for renewal that met through the summer of that year. When Covid hit, like many groups, our meditation group went online with Zoom. With the encouragement of church leadership an on-line series of Learn to Meditate sessions was held in the fall of 2020, led by Sharon Burrill. Several new members joined at that time, and others since. The group now includes about 15 active meditators.

We meet on Monday mornings, online, for a brief time of sharing followed by settling in with some beautiful music, a recorded talk, silent meditation and a closing prayer. The practice has continued with the occasional in-person get-together, retreats in various locations, and other online talks. In the warmer months we enjoy an outing in the park including a walking meditation.



Recently we met at the home of David Platt. As we gathered, there was lots of laughter and comments about how nice it was to be together. David shared a reading from Henri Nouwen, on Joy! Sharon read a short piece from *The Celtic Heart - Seeds of Silence*, followed by silent meditation and a closing prayer. In discussion after meditation, we recognized the importance of being together in a circle, and the power of the circle - the feeling of protection and unity. Then it was time for coffee, tea and muffins.

Meeting by Zoom for 45 minutes to an hour has many advantages, especially during the cold winter months, but we will continue having in-person get togethers throughout the year. Speak with Sharon, Ken or Linda if you would like more information.