



## WEEKLY PRAYER AT SYCHAR (Beginning First week of February 2020 with a break for School Holidays)

### Christian Meditation, led by Hilary Fogerty

**Tuesdays**  
**4:30pm – 5:30pm**  
**(approx)**

Weekly meditation sessions offer an opportunity to meditate within a group and are a different experience from meditating alone. At the beginning of the meditation, there will be a short reflection, based on the writings of Laurence Freeman, Director of the World Community of Christian Meditation. This will then lead us into a quiet meditation of 20 - 30 mins. A final prayer will mark the end of the session.

**Note:** Sychar will re-open at 4:00 pm on Tuesdays to allow entry to participants of the Christian Meditation Group so that they are ready to begin the prayer session at 4:30pm. Because of the nature of the prayer, it is important that it is not interrupted by late arrivals.

### Christian Meditation, led by Colleen Free

**2<sup>nd</sup> & 4<sup>th</sup> Fridays**  
**11am – 11:45am**  
**(approx)**

The Friday meditation will not include an introductory reflection but will begin with a prayer by John Main (founder of the Christian meditation movement). A quiet meditation of 20 - 30 mins will conclude with a prayer by Laurence Freeman.

**Note:** Sychar has resources which would make it possible to organise an opportunity to deepen understanding of the fundamentals of Christian Meditation. This would be between 10am and 10:45am, prior to and separate from the meditation session itself.

### Lectio Divina, led by Elaine Morzone MFIC

**First Fridays**  
**10am – 11:30am**

Lectio Divina is a traditional way of reading a passage of scripture with the ear of the heart. In Lectio Divina, the words of scripture become very alive and touch the heart in spontaneous ways that lead us more deeply into communion with God in prayer. The opportunity to listen to God's Word through a group experience of Lectio Divina can enrich the quality of our personal encounter with God through Scripture.

### Visio Divina, led by Elaine Morzone MFIC

**Third Fridays**  
**10am – 11:30am**

Visio Divina, which shares roots with Lectio Divina, is a form of "divine seeing," in which we are invited to encounter the divine through images. A prayerful consideration of and interaction with a visual representation allows us to experience the divine in a unique and powerful way. Scripture can also be paired with the image to help the viewer reflect on the scripture through the art. We will begin with the art of the German priest Sieger Koder.