



# The Contemplative Service

## Community Mennonite Church

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Welcome. We are so glad you've joined us. You are welcome just as you are, every part of you.

### Program

**Opening Candle Lighting & Ringing In** – We begin each service by lighting the candle to recognize the Divine light carried by each of us coming together as one community. The singing bowl will ring us into two minutes of silence. During this time, we invite you to fully arrive in the space, check in with your body, and set an intention. Let go of anything keeping you from being held in Unconditional Love.

**Ritual** – We recognize the presence of God together. This will be led in a unique way each time.

**Relating** – We attend to one another through invitation.

**Receiving** – We attend to God through one of many contemplative practices.

**Ruminating** – We listen for what is emerging within us and within this community.

**Reflecting** – We listen for the invitation; what God is calling us to do.

**Responding** – Out of listening, we move to action.

**Returning** – We offer ourselves/our actions to God.

**Sending Song** – *Surely God is in the place, Holy Ground.*

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### Commitments

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- ≈ Whole-Self Contemplation
- ≈ Community-Centered Practices
- ≈ Triad of Connection (Contemplation, Action, Healing)
  - ≈ Co-Learning & Co-Teaching
    - ≈ Rhythm Over Time
    - ≈ Centering the Margins
    - ≈ Subversion Not Reaction
    - ≈ Self-Care is Liberation
  - ≈ The Monastery is the World
  - ≈ Trauma-Informed Practice
  - ≈ Comfort with Discomfort
    - ≈ Naming Hard Things
- ≈ Practicing Grace & Healthy Space

[MCUSA Women Doing Theology Conference & The Mystic Soul Conference]

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You are welcome just as you are.

Please welcome one another accordingly.

Please sit where you feel most comfortable to and participate as you desire.

For the time of this service, bathrooms will be considered gender-neutral. Please use whichever feels comfortable to you.

If you have a concern or a suggestion for how this space can be more welcoming, please share it with someone involved with the service.

If you are interested in participating in future services, you can leave your name and contact information with us.

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To honor the earth, please leave your program behind so it can be reused as many times as possible.

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GO IN PEACE ASSURED THAT YOU CANNOT GO WHERE GOD IS NOT