**Adult School-Staff Based Online Christian Meditation Prayer Meeting**

*(Catholic Setting)*

**15 Min Prayer Meeting Agenda**

*(Can be longer … depends on how long you choose to meditate)*

**Notes**

* Schedule a time and create an online link for the prayer meeting to be shared with participants.
* Arrange for 10 mins of “Meet and Greet” before the prayer is scheduled to begin. Let them chat back and forth … the floor is open.
* Ask participants to time their arrival in the online meeting space during that time.
* Let participants know that in order to honour everyone’s time the prayer meeting starts and finishes at the scheduled time. Assure participants, that coming a few minutes late is not a problem and that they should still join. Ask them to enter the online prayer space with muted microphone.

**Prayer Time**

1. Begin with the Sign of the Cross and gather Prayer Intentions ( 2 mins)
   1. Ask if anyone has prayer intentions (needs or gratitude) they would like to share aloud.
   2. Pray for those intentions held in the silence of our hearts.
2. Read aloud an appropriate reading from *‘Silence and Stillness in Every Season: Daily Readings with John Main’* (edited by Paul Harris) (2 mins)
   1. *If you are waiting for your book to arrive, then you can play an audio of one of these daily reading posted on the Canadian Community for Christian Meditation website.*
3. Opening Prayer:
   1. *Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call, 'Maranatha…Come, Lord Jesus.*
4. Meditate (10 mins or longer)
   1. *Use the WCCM App to set a timer.*
   2. *You don’t need any music.*
5. Closing Prayer: Glory Be and Sign of the Cross (1 min)
6. Early Dismissal
   1. Invite those who must leave to do so at this time … thank them for coming and invite them back to the next prayer meeting.
7. Sharing for the Good of the Community (5 mins)
   1. Invite those remaining to spend a few moments in ‘Sharing for the Good of the Community’
   2. (Defined) We learned the practice of 'Sharing for the Good of the Community' from our good friend and mentor, Sr. Ann Marshall of the Congregation of the Sisters of St. Joseph. She explained to us that growing up in the Convent there were times when the Mother Superior would ask the sisters to share what was in their heart and mind for the 'good of the community'. As a community of faith, they recognized that there were insights, wonderings and connections in the hearts and minds of individuals that would be spiritually helpful for all to hear.

At the same time, the young sisters, very intuitive when it came to understanding the expectations of their Mother Superior, and they knew *(without being told)* that if what they wanted to share aloud to the group … **was not in the best interest of the community** … then, they should *(in the words of Sister Ann)* ‘zip their lips’!

* 1. When sharing with the community participants might share:
     1. Something from the reading that resonated or connected with them, provided a new insight, or which made them think, wonder and/or question.
     2. Something from their experience of the meditation.
     3. Sharing of additional prayer intentions or updates on prayer intentions offered during previous prayer meetings.

1. Final Dismissal
   1. Thank participants for coming and invite them back to the next prayer meeting.