

Advent begins November 28th

You are invited to

A daily, congregational, spiritual practice of

Prayer and Reflection

Here's how it works

1. Sometime this week individuals, families, prayer partners – all are invited to prepare a “Prayer Jar” (or Basket or Box) and place it in a prominent place in your home where you will see and engage with it daily.
2. Beginning on the 27th-28th of November and on each weekend during Advent, take 5 strips of paper and on each one write a focus you want to give to your prayer time in the week ahead. You may want to write these notes on Sundays following worship services where the Advent theme each week will be introduced. This week when we light the candle of hope you might want your prayer notes to lift up your hope for God's grace in relationships; for the ministries of the Kirk; for challenges facing our schools and community; for physical and spiritual health of the body.
3. Fold each paper and place it in the prayer container you've prepared.
4. Set aside a time each day for pause; draw one of the papers out of your container and allow that prayer focus to reside in your thoughts as you listen for God's words of hope, peace, joy, and love for that situation.
5. End your time of pause with gratitude, knowing that together we are all encouraged and strengthened in the communion of prayer.

God speaks in the silence of the heart.

Listening is the beginning of prayer.

Mother Teresa