Prayer Practices for June 2025

TWO INVITATIONS TO PRAYER
in the
"Chapels" of St. Andrew's

The Prayer Ministry Team invites you to notice two prayer stations within St. Andrew's: the *Prie-Dieu* in the corner of the sanctuary and the *Visio Divina* in the library.





Prie-Dieu

As services end and people move to leave or greet one another in the Parish Hall for Coffee Hour, an invitation may arrive in your heart to pray individually at the *Prie-Dieu* ("pray God" Fr.). This is the kneeler with an arm rest placed in front of a Votive Candle Holder, located in the right-hand corner as you enter the nave of the church or the left-hand corner as you depart.

Perhaps you have noticed there are always one or two candles lit during our services. The *Prie-Dieu* is an invitation to pray privately in the assured presence of God's holy and illuminating Light. The usual approach is to light an additional candle, kneel, rest your arms in God's embrace and settle into God's presence.
COME and be with the Lord.

The color of the votives reflect the seasonal hangings on the lectern and the altar, so right now their colors (not green) are encircling you with the Word of God and the Table of God of Eastertide, each guiding you as you pray with or without words.

Visio Divina

Visio Divina ("Divine Seeing", Lat.) is the practice of engaging our sense of sight into our prayerful conversation with God. Gazing upon a sacred image or a work of art or a scene of nature, we offer ourselves in conversation with God, awaiting God's invitations and noticing our responses. For some, *Visio Divina* ignites the imagination in a new way, discovering a new path to relationship with the One God in three persons.

As *Visio Divina* enhances our powers of contemplative seeing, it enhances our worship. During a Sunday Worship Service, we have hearing (of song, music, *sanctus* bells ringing, the Word spoken and preached); we have body movements (turning toward the Gospel, approaching the Altar, kneeling, sitting and standing); we have our sense of smell (of flowers or incense) and sense of sight (stained glass, Altar linens, hangings, carved details of the nave). To this let's add the less familiar *Visio Divina*, offered to us this month in the Church Library.

As you enter our St. Andrew's Library, you immediately see two canvasses of Mary and Jesus, humanly divine and approachable, straight ahead on the Altar. There are 5 usual steps to the practice of *Visio Divina*. **In the library, there is a much more specific handout to lead you through these 5 Steps while attending to the two canvasses.**

Step 1
Settle into a comfortable position and breathe deeply in and out as you surrender to the undistracted space, filled with God.

Step 2
Gaze softly at the images(s) and notice the shapes, lines, figures, spaces and voids of the picture that create the overall effect of the artwork. Sit receptively. Receive the Spirit's direction. Find the treasure, meant just for you.

Step 3
Meditate on what God is offering you and why.

Step 4
Respond in your own way, letting the meditation move from your mind to your heart to your soul.

Step 5
Return to quiet and stay here, focusing on your breathing, the very presence of God within.

COME and be with the Lord.