Invitations For Contemplative Pilgrims In Charfres



Prepared by The Rev. Jill K. H. Geoffrion, Ph.D.

Contemplation

1. long and attentive consideration or observation of something

2.

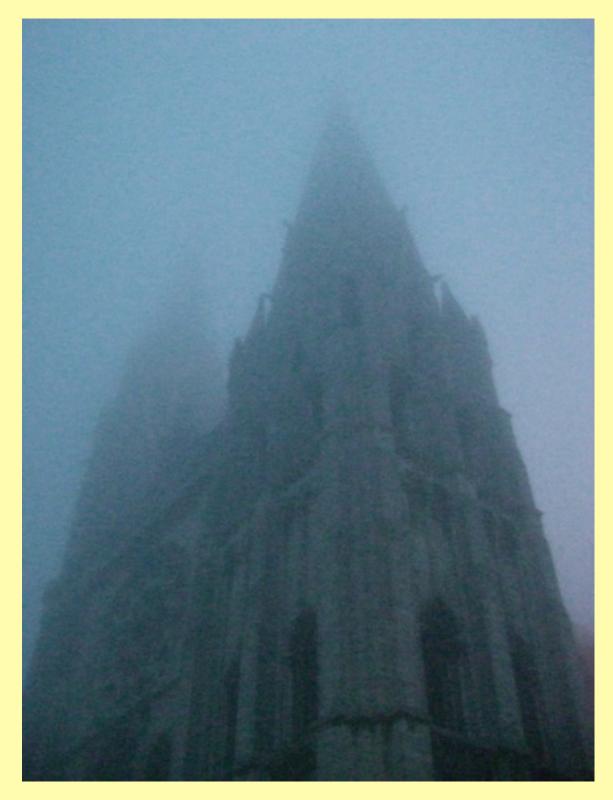
concentration of the mind on spiritual matters

such as achieving closer unity with God



Pay Attention. Things are always more complex than they first seem.

Accept uncertainty.



Take your prayer seriously.



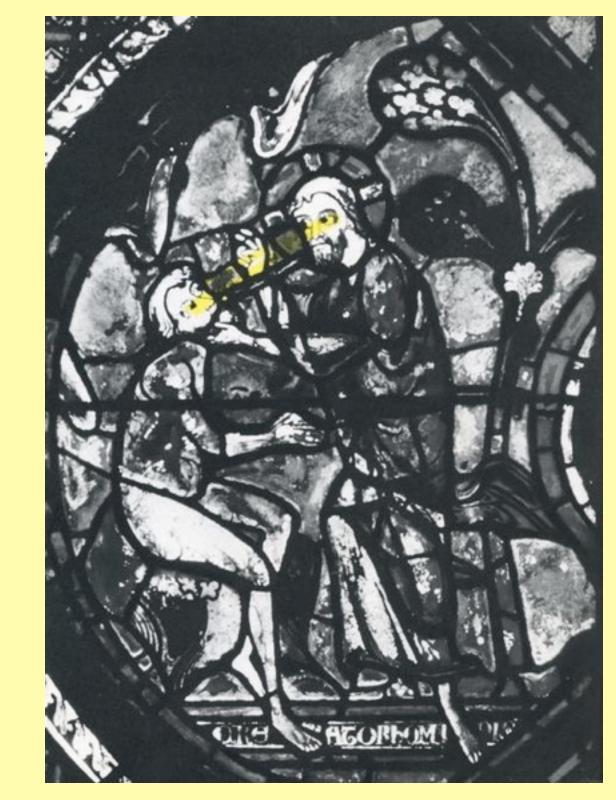






Looks towards

your Creator.



Let your

curiosity

quide you.



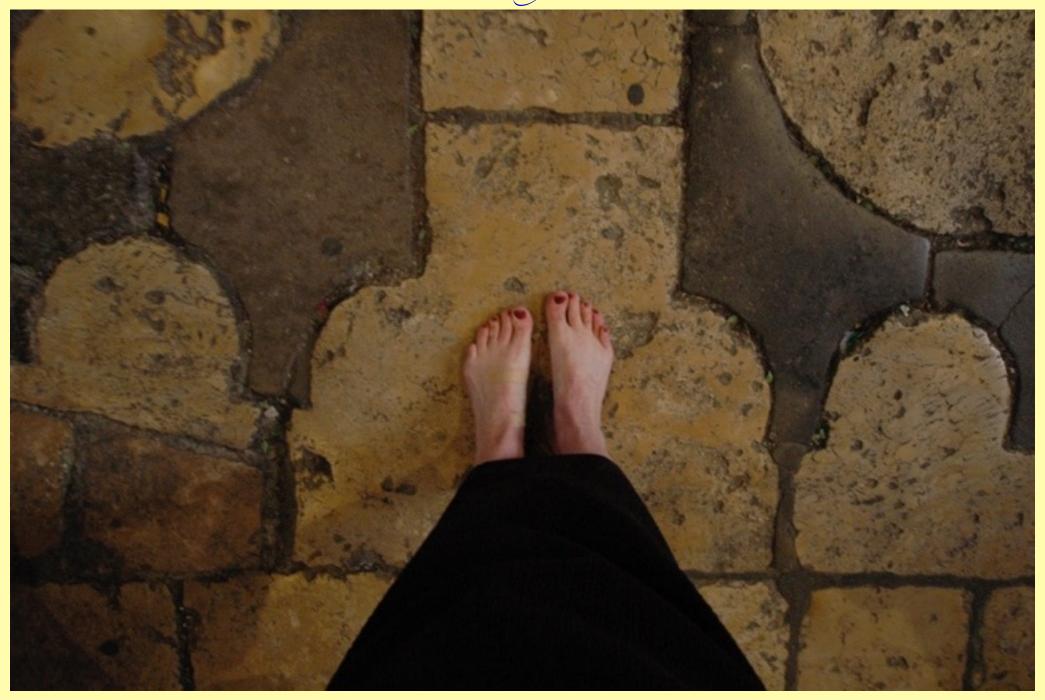


Keep moving inward.

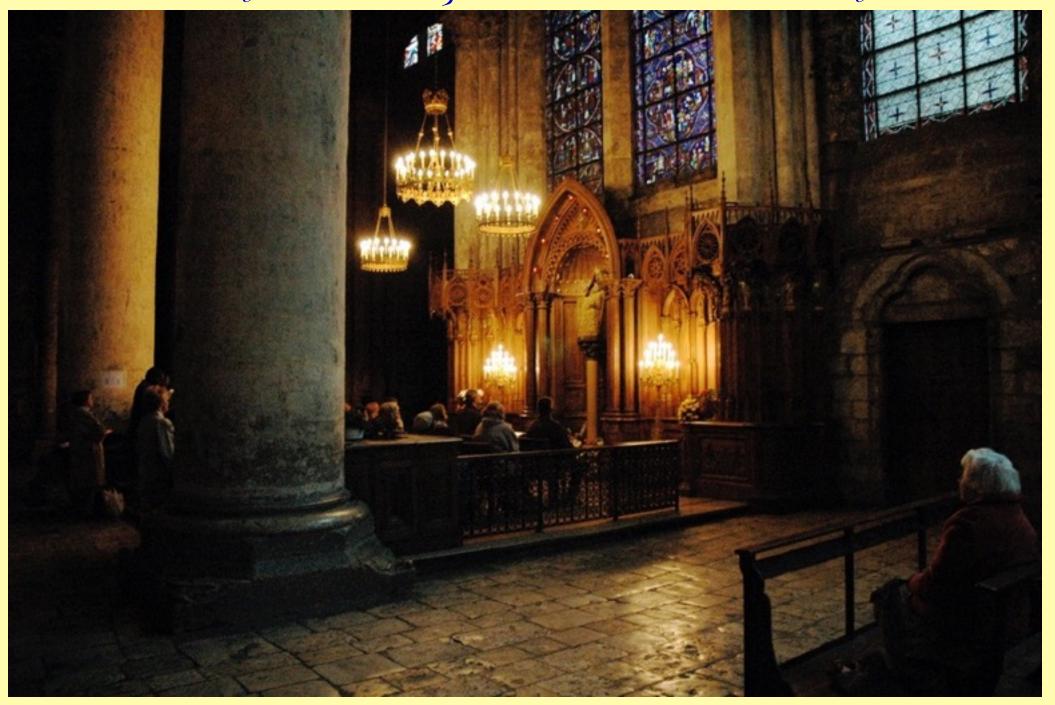
Seek quiet places (find areas designated for prayer.)







Use the spiritual disciplines that nurture your spirit.

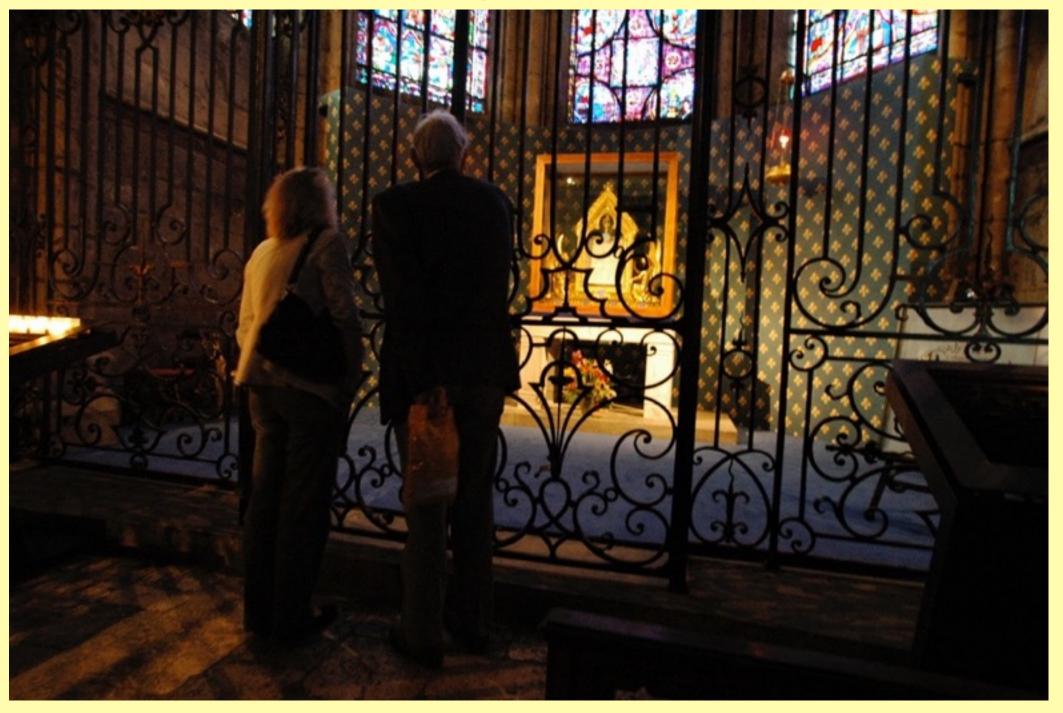


Prayerfully read sacred texts.





Linger...











Journal.



Meditate.)







Listen with your eyes. Gaze with softness.



Wait.



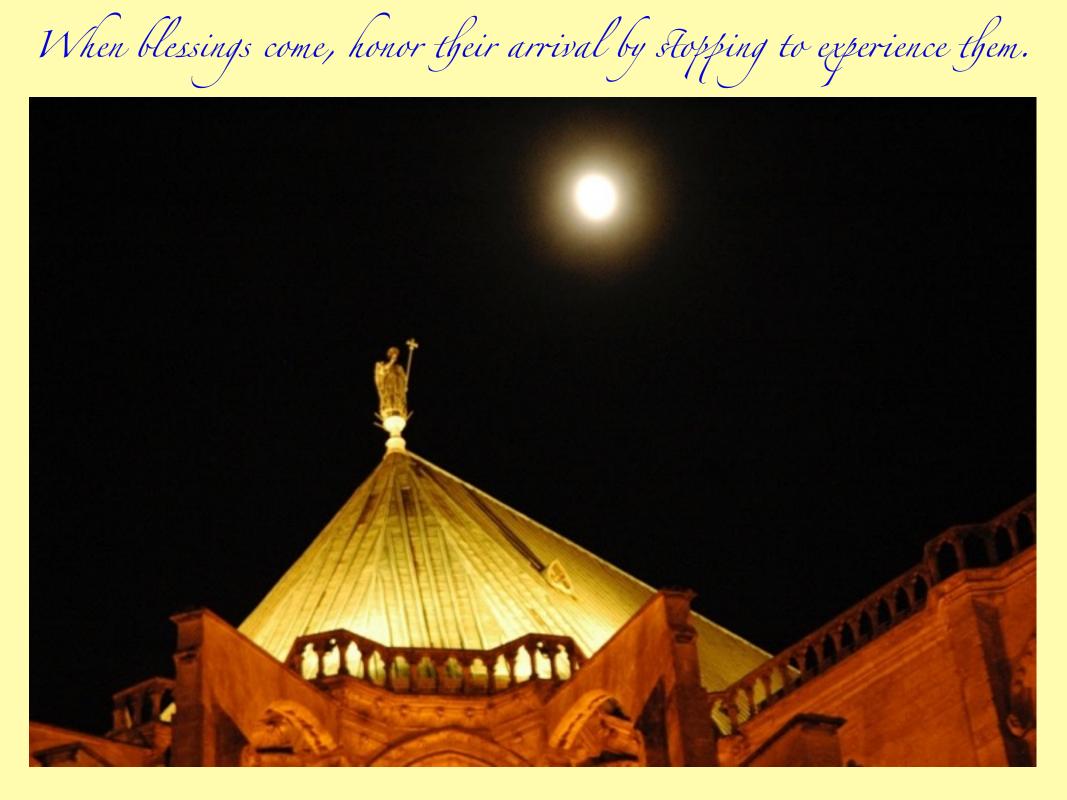
Consider...





Burn with

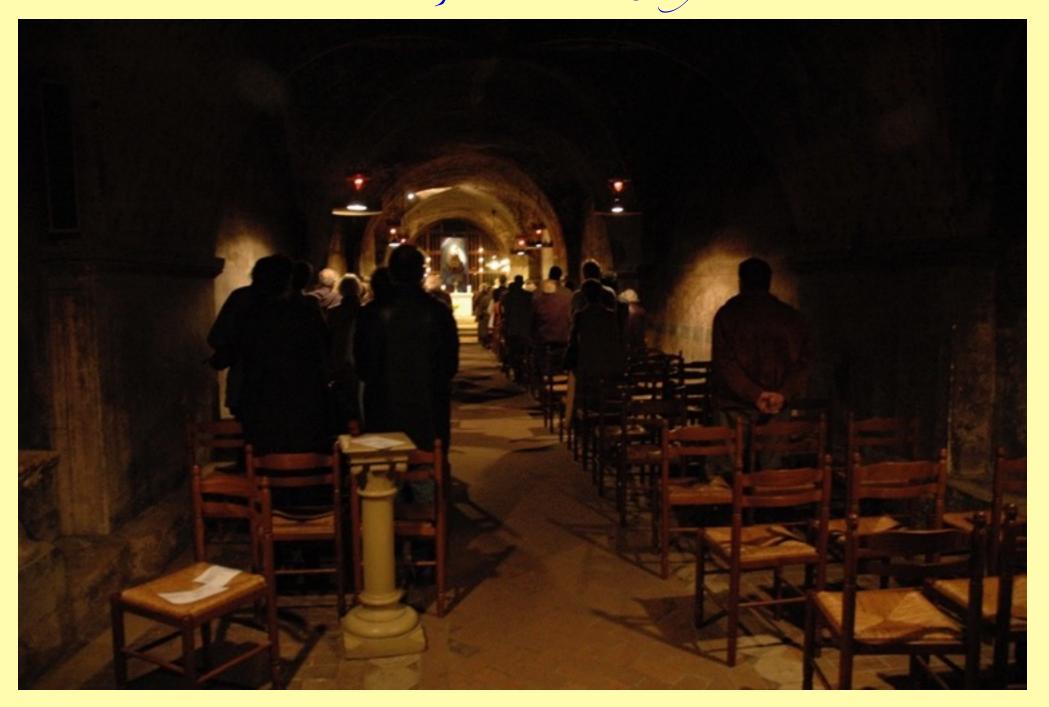
sacred passion.



Use the unique support of this sacred cathedral.



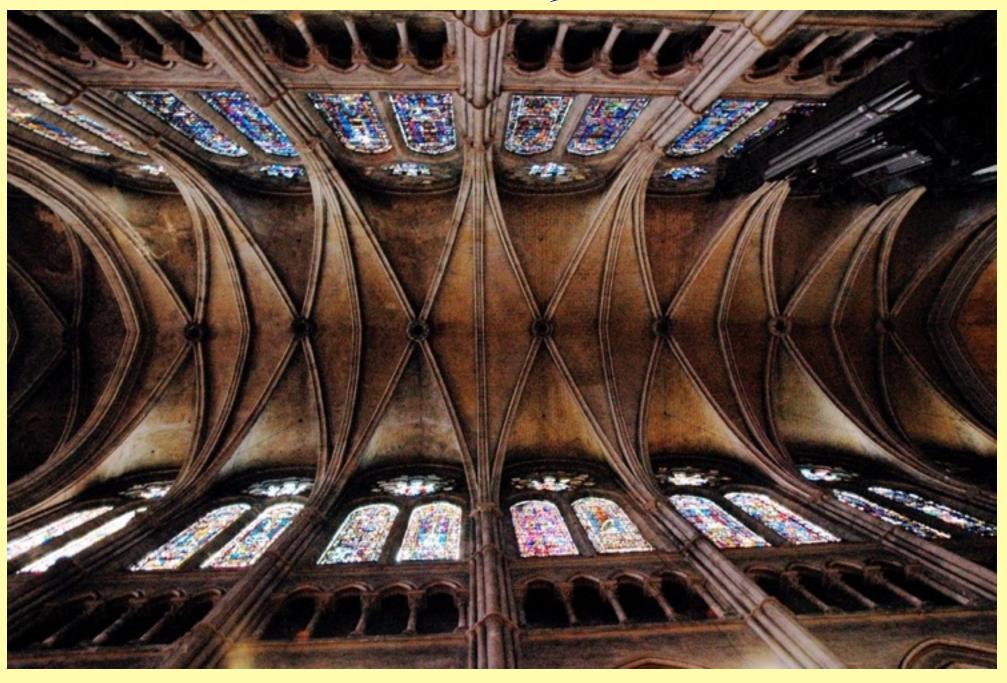
Connect with the contemplative history of the Cathedral.







Consider a different perspective



Experience the aure you feel. (Don't hurry away from it.)



Go deeper.



Wherever you

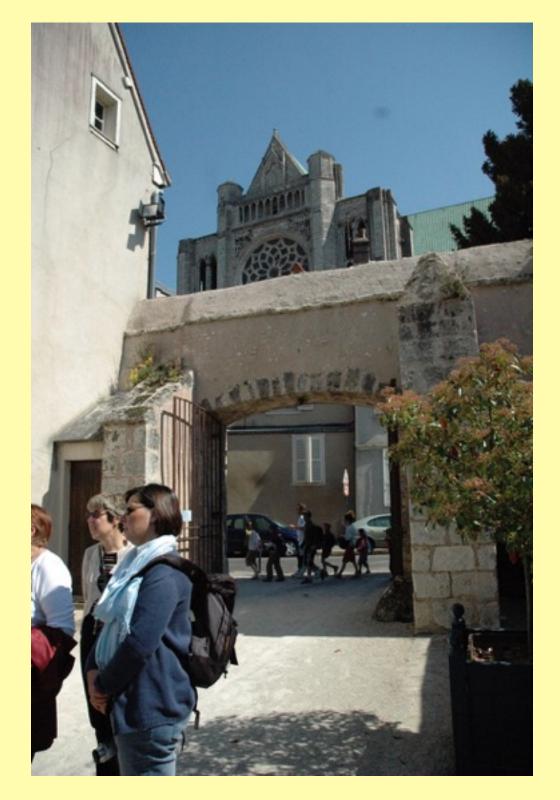
go, keep holding

the question,

"Why

has God called

me here?"



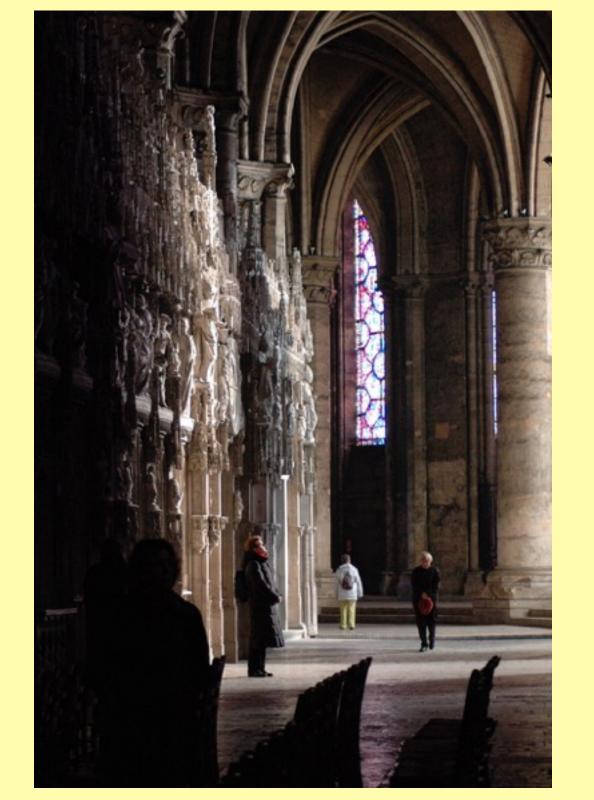
Follow God's invitations

whether they lead you to the

heights, the depths, and for

somewhere in between.





Be in those places

where you need to be,

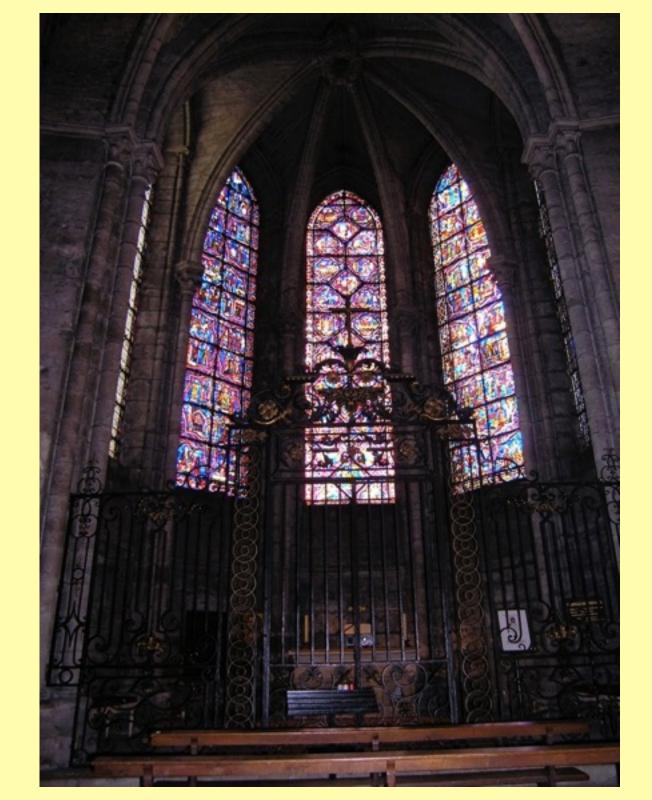
for as long

as you need.

Do what you need to do, even if others are doing something else.



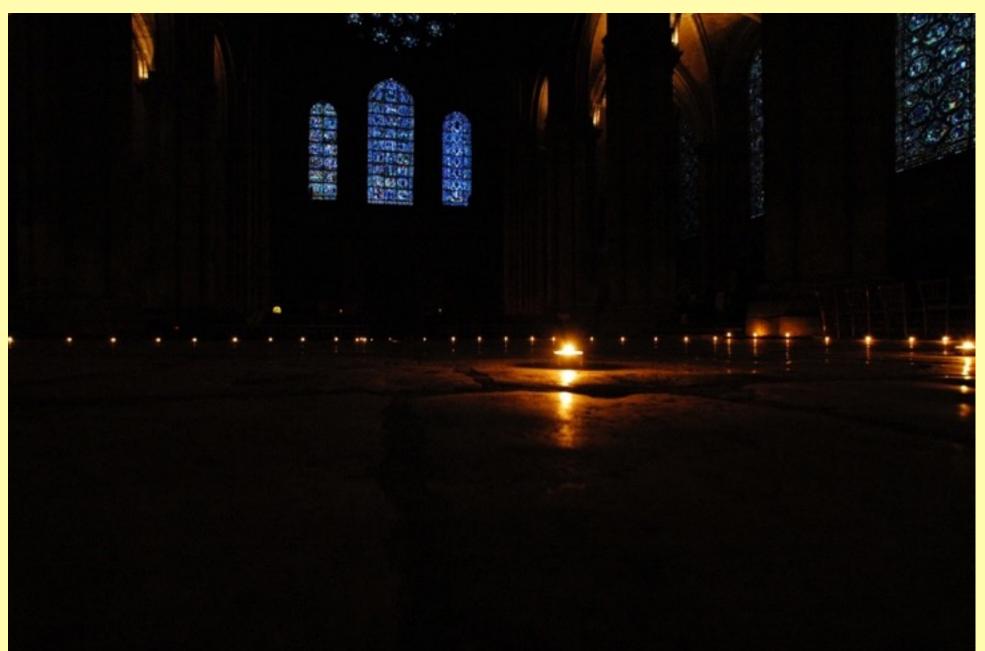
Receive.





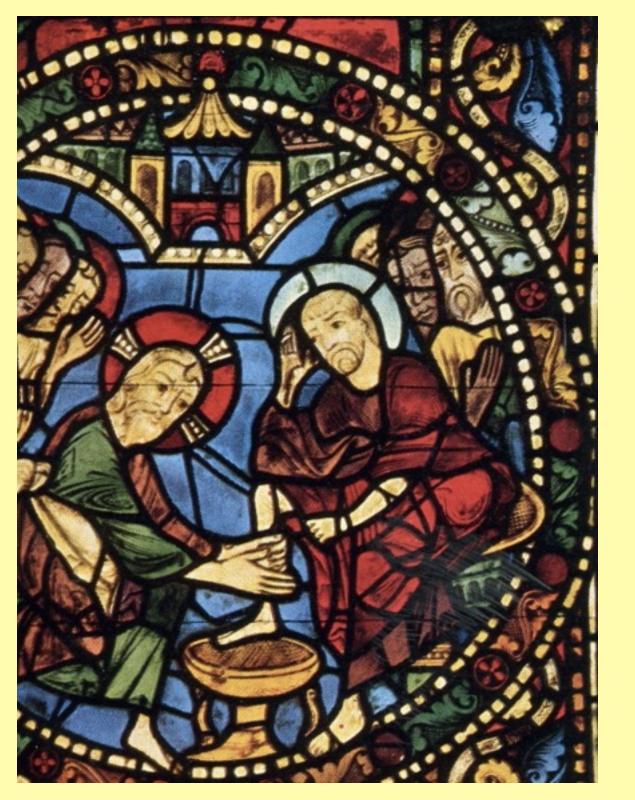
Accept direction.





Allow yourself to be seen.





Be open to how God

might want

to be with

you.

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