



FIRST-SUNDAY CONTEMPLATIVE SITTING

JUNE 2019 • Study Seeking Truth

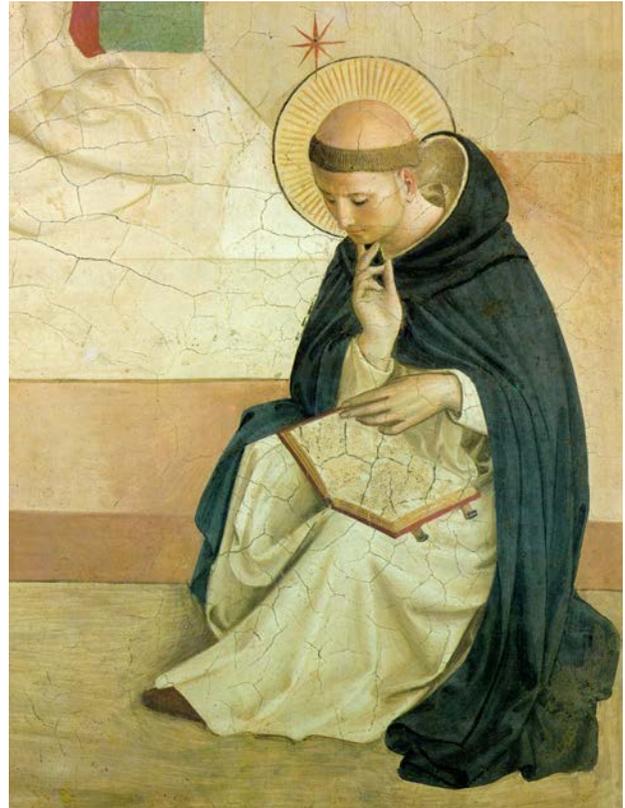
Dominic's constant theme that has influenced the mind and hearts of his followers for eight centuries has been the pursuit of veritas or truth. We claim this as part of our life together in mission when we declare in our Vision Statement, "We Dominican Preachers of Adrian, impelled by the Gospel and outraged by the injustices of our day seek truth...."

Our constitution calls us to seek truth through the integration of study, prayer and contemplation.

Study is a vital characteristic of Adrian Dominican life, essential to ecclesial mission, necessary for growth in spirituality, important for ministerial competence, and integral to the lived ideal of the contemplative apostolate.

*In prayerful study
we probe the interrelation
of the Scriptures,
the teachings of the Church,
human wisdom
and the conditions of human life.*

*In a contemplative Spirit we search for truth
using our own experience
and the resources of human knowledge
in order to be effective
preachers of the word.¹*



Study is an integral part of our spiritual life. When we listen to God speaking to us through study, we deepen our relationship with the source of all wisdom and love.

God of creation, you have revealed yourself to humanity through your word in human history. Instill within me a desire to see you more clearly every time I encounter you in your word, your people, your creation and other wonders of life. Bless me with the spirit of inquiry and the discipline to channel that inquiry into a lifelong pursuit of your Divine Self.

¹Adrian Dominican Constitution and Statutes, p. 27
²Michael Monshau, Praying with Dominic, p. 40

CONTEMPLATIVE SITTING: HELPFUL GUIDELINES

At the heart of contemplation is the awakening to the presence of God in the human heart and in the universe. A community gathered in contemplative sitting is grace flowing for the community, for the church, and for the world.

To begin a contemplative sitting or meditation practice, you may find it helpful to:

- Find a space that calls you into quiet (light a candle or play a chant if it aids stillness).
- Set a specific time for your sitting: 5, 10, 20, or 30 minutes.
- Set an intention for the session, dedicating it to a situation, a person, or a quality needed to grow in our world, such as truth, justice, peace, forgiveness, or courage.
- Become aware of your whole body as you enter into the silence; follow its rising and falling as you breathe in and out. You may wish to say *In* as you breathe in and *Out* as you breathe out, or repeat a mantra, such as “Holy One” – breathing in *Holy* and breathing out *One* – or “*Maranatha*” (Aramaic for “Come Jesus”).
- Gently note each time your mind begins thinking or feeling or planning – and gently bring attention back to your breath or mantra.
- Give gratitude to yourself for the time you dedicated to contemplative sitting.

It is important to remember that contemplative sitting is not about achieving a particular feeling or experience. It is simply sitting in God's loving presence, coming into present moment, calming the mind by following your breath in and out or repeating your mantra. Contemplative sitting is an encounter with God in the midst of our daily lives.

– Esther Kennedy, OP

Esther conducts a monthly Day of Mindfulness at Weber Center.

