



Weekly Wednesday Contemplative Sit Order of Prayer

Gathering	In silence
Opening	Sound of large gong (3x)
Words of Consent (Spoken by all)	Sound of tiny gong* (1x) Holy One, Come. Holy One, You are Presence.
Wisdom Reading	Sound of tiny gong* (1x) See additional page. Call and response. Varies by season.
Centering Chant	Sound of tiny gong* (1x) to mark beginning and end. Selected by leader, varies by week, repetitive.
First Silence (20 minutes)	Sound of medium gong (1x) to mark beginning and end.
Walk/Stand** (10 minutes)	Small bell indicates when to <i>stand</i> (1x), <i>turn</i> (1x), <i>move</i> (1x). Walking circle goes in the direction of one's left. Small bell indicates when to <i>return</i> (1x), <i>sit</i> (1x).
Second Silence (20 minutes)	Sound of medium gong (1x) to mark beginning and end.
Dismissal	Sound of large gong (3x). Leader invites all to "Go in Peace."

*indicates an opportunity for everyone to participate orally

**if you prefer not to stand or walk, you can remain seated in silence