

# Oblate Update February 2020

## Centering Prayer with Brother Matthias:

Br. Matthias shared with us the practice of “Meditation under the Stars” that happens every Monday evening at the Abbey. He did a reading from Colossians. He had “singing bowls”. The bowls (come in various sizes which changes the sound) are struck with a mallet then running the mallet around the rim of the bowl. The sound helps quiet and center the mind. There are several websites and videos for more information. Look for centering prayer information from Fr. Thomas Keating and Fr. Basil Pennington. Br. Matthias told us that there are many ways to find, center ourselves and sit in contemplation. His phrase “there are million cups of tea...find yours then bookend your daily life-morning/evening prayer time”. Some of the phrases that resonated:

“The source of life is the Scriptures”      “Learn to discern ingredients to  
free yourself from the recipe”.

“Prayer, Work, Service”