

Oblate Update January 2020

Shared Lectio with Fr. Albrecht:

Fr. Albrecht graciously lead us once again in our group Lectio. Many inspiring words and phrases were shared by Oblates as we listened and reflected to the readings.

Group Lectio Divina consists of listening to the leader read a passage from scripture which is repeated four times in this order:

1-Lectio: read or listen for a word or phrase that touches you

2-Mediatatio: meditate on this word or phrase

3-Oratio: pray with this word or phrase

4-Contemptio: contemplate the meaning of this word or phrase for you in the present moment. There is time after each segment for anyone to share a word, phrase, inspiration or prayer that comes to mind.

The beauty in the practice of Lectio is that the word of God enters our hearts and speaks to each of us individually, bringing us closer to God's unconditional love and guidance. We can hold onto this word, phrase or message throughout the day being reminded that God is with us always and knows just what we need!