

A Call to Deep Listening

Centering Space offers “A Call to Deep Listening” for the new year. This call is an invitation to people who are seeking an intimate small group with whom to grow spiritually in a small, private prayer space that enables moments of personal spiritual growth in a frenetic, spiritually undersubscribed world” (Chittister, 2021, p. 86).

Groups of 4-5 people working with a facilitator commit to a monthly face-to-face meeting for a 3-4 hour session of sharing and listening following a format of

- 15-20 minutes of silence
- The first individual shares of what’s heavy on her/his heart, how God is/not at work in her/his life, from your own spiritual depth. Others listen quietly together for God. This listening is followed by a time of sharing what group members think might be helpful and ask questions. Finally, there is a time of prayer focused on listening and discernment before moving to the next person.

If you are seeking a space where “you can slow down long enough to hear your own needs, to become calm without demanding answers that take more time, to stretch beyond irritations and deadlines to remember that the world of the soul is greater than the things that trap you in an arid dailiness” (Chittister, 2021, p. 89) – this invitation is for you. **Contact Teresa Harris at harristt@jmu.edu or 540-383-5692 if you are interested.**

Chittister, J. (2021). *The Monastic Heart*. New York: Convergent Press.