

SPIRITUAL PRACTICES

LECTIO DIVINA

What is Lectio Divina? A prayerful reading of Scripture. (Full explanations on CO USA website, www.contemplativeoutreach.org and UK website, www.contemplativeoutreach.org.uk).

Where can I find it?

- **Individual Groups** practice as they choose.
- **Hinsley Rooms, Westminster** - Frequently included in “**Quiet Mornings**”, which are held on the last Saturdays of the month.

THE WELCOME PRACTICE

What is the Welcome Practice? A method of consenting to God’s presence and action in our physical and emotional reactions to everyday events and situations. (Full explanation CO USA website, www.contemplativeoutreach.org and UK website, www.contemplativeoutreach.org.uk).

Where can I find it?

- Ad Hoc “**Teaching Days**” at the **Hinsley Rooms, Westminster** - Details on the London page of the UK website.

QUIET MORNINGS

What are Quiet Mornings? A quiet reflective morning of Centering Prayer. No talking.

Where can I find it?

- **Hinsley Rooms, Westminster** - last Saturdays of the month. Everyone is welcome.

CONTEMPLATIVE CHANT

What is Contemplative Chant? Chanting the psalms before and leading into our CP period.

Where can I find it?

- **Hinsley Rooms , Westminster** - No set dates

UNITED IN PRAYER (UIP) DAY

What is UIP Day? A day when Contemplative Outreach Groups all over the world pray together for a common cause.

Where can I find it?

- **Hinsley Rooms , Westminster** - Normally held in the Spring. Dates decided by CO USA.