

## AT THE MEETING

### OPENING PRAYER

We begin with a short time of stillness, putting ourselves in the presence of God and asking for grace that everything that happens in our mind, heart and imagination may be directed purely to the praise and service of God. *Some communities use the CLC opening prayer, or some other formal prayer, to conclude this brief time of stillness. Others use a minute or two of suitable music.*

**GRACE** We ask for the grace to open our hearts to God and each other and to discover our hopes and dreams for the group.

**SCRIPTURE:** Acts 2:42-47. (Ask someone to read this aloud.)

### SILENCE

Ten minutes silent prayer remembering my life and prayer since the last meeting. How have I found the prayer this last fortnight? What events in my life and prayer do I wish to share with my community?

### SHARING AND LISTENING

- Remember that this is a listening, not a discussion, group.
- Include a second round if there is time.
- It's good to conclude this time of reflection with a short time of silence, praying for each other, and with a formal prayer, such as the *Glory Be* or the *Lord's Prayer*.

**INTERCESSORY PRAYER**, if wanted.

**PRACTICALITIES:** This is an opportunity for any reports, eg from members who have attended a CLC event, for questions, for discussion about any concerns, for news about any work or mission in which members might be involved, or for any business the group might need to sort out.

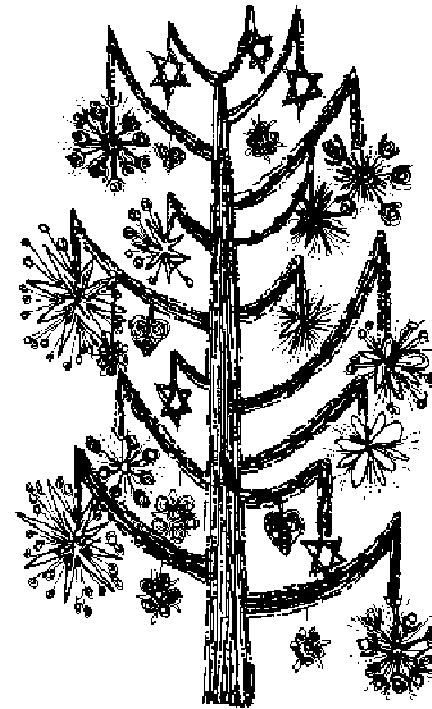
### REVIEW OF THE MEETING

What was good for me in this meeting?  
What was not so good? What would I have liked to be different?  
What do I want to take away with me?

**CLOSING PRAYER** (Many communities use the CLC closing prayer.)



## MEETING PLANS FOR ENGLAND AND WALES



# HOPES AND DREAMS

**TOWARDS THE  
SECOND MEETING**

## PERSONAL PRAYER BEFORE THE MEETING

*A few notes before you go to prayer . . .*

### BEFORE YOU START

It may not be your usual way of praying, but we are suggesting quite strongly that, just for once, you are open to the possibility of praying with images. So before you come to prayer, find some blank paper and coloured pens (or paint, or clay . . . !) in case you find that you want to give it a go. You will also need your bible - have it ready at the text offered below.

You may want to read again the article 'Aids for Prayer' in the 'Welcome' leaflet, if you haven't already done so.

### DON'T HURRY

If you can, spend two or three prayer times on the following material, gently staying with what moves you. You may find that you are more able to express your prayer in colour or images in your second or third prayer times.

## HOPES AND DREAMS

### Preparatory prayer

I begin with a short quiet time, stilling myself and becoming aware of the presence of God. I surrender all that I am about to do to the Lord, perhaps using the text of Saint Ignatius' prayer:

O Lord, guide all that is happening in my mind and heart during this time of prayer,  
all my moods and feelings, my memories and imaginings.  
May everything be for your greater service and glory  
and to my growth in the Spirit. Amen.

### Asking for what I want

I ask for the grace to open my heart to God and to discover my hopes and dreams for the group.

**Scripture:** Acts 2: 42-47.

*Read it slowly, stopping when something strikes you. Don't move on to the questions until you are ready - even if you don't do so in this prayer time.*

### Questions to help reflection

With the scripture passage as background:

\* I reflect on myself and my experience, remembering what events led up to my being in touch with CLC.

\* In particular, I recall my experience of community up to now, especially

Christian community and/or family. In what ways do I hope CLC will be the same? In what ways different?

\* I get in touch with why I have decided to explore CLC. What, in particular, has attracted me? What are my needs, my hopes, my desires and fears?

### Expressing myself in colours

*I look at the colours I have available. Which colour or colours express my feelings in this prayer time? Can I try to use these colours to express what has been and is happening in my prayer?*



### To conclude my prayer

I put this paper aside and spend some time talking to the Lord about what has come up for me in my prayer. I may like to end with a *Glory Be* or the Lord's prayer.

### Review of prayer

After the prayer - and perhaps with a cuppa! - I take some time to look back over my prayer time and jot down a few things which moved me or which I particularly remember. I don't try to remember everything, but trust that God will draw to my attention whatever is important. The following questions may be helpful:

\*What feelings did I have during the prayer?

\* What held my attention? What was the focus?

\* How and when were God and I present to each other? Did I forget God at any time during the prayer?

\* Did I receive the grace for which I was asking?

\* Is there anything to which it would be good for me to return?

*Especially if you haven't been moved to pray with colours:* As I ponder, I try to think of a symbol of my hopes and dreams for the group. I look for a symbol which will reflect something of my prayer and which I can bring to the next meeting for the sharing.

***Remember to take with you to the meeting any drawing or painting etc which you are willing to talk about and/or any symbol which you chose.***