



# *Lectio Divina*

## A Reflective Prayer with the Scriptures

with David Hofman OCarm

Friday mornings 9.30 – 10.30

Come and experience this way of prayer

Join Fr David Hofman OCarm and a small community on Friday mornings after 9.00 am Mass. Away from your normal activities

- take time to be still and attentive
- enter into a quiet oasis of prayer
- open yourself to what God wants to say to you
- experience God's transforming presence.



Friday mornings at 9.30 am  
(following 9.00 morning Mass)

The Lady Chapel,

Our Lady of Mount Carmel Church,  
Cnr Richardson and Wright Streets,  
Middle Park.

No cost and no need to book.

All Welcome.

(Turn the page over for more information about this way of prayer with the Scriptures.)

# *Lectio Divina*

## **A Reflective Prayer with the Scriptures**

'*Lectio Divina*' means 'divine reading' and describes a slow, contemplative praying of the Scriptures as the Living Word. Such a way of praying the Scriptures becomes a means of personal union with God in everyday life.

This practice of prayer can be transformative as we gradually let go of our own agenda and open ourselves to what God wants to say to us.

The prayer of *Lectio Divina* is traditionally described as having stages based on a very ancient Christian practice.

*lectio* (reading)  
commentary (context of the reading)  
*meditatio* (reflection)  
*oratio* (response)  
*contemplatio* (rest).



Its natural movement is towards greater simplicity, with less and less talking and more listening. Gradually the words of Scripture begin to dissolve and the Word is revealed before the eyes of our heart.

This rhythm helps to nurture and discover many different ways of experiencing the presence of God – different ways of praying.

Regular practice may bring greater inner peace and calm and a feeling of being more at home with one's self with God and loved ones.

You are most welcome to come and join the group on any Friday and experience for yourself this way of prayer with the scriptures.

**How to find us:** No. 12 Tram from Collins St to stop 135 or  
No. 96 Tram from Bourke St to stop 129

Melways Reference: 2K C10

August 2016