

Praying, Doorways, and Thanksgiving Scaling Wellness in Milwaukee (SWIM) November 25, 2025 2:00-3:00

Reading and Short Introduction

Devote yourselves to prayer; stay alert in it with thanksgiving. At the same time, pray also for us that God may open a door to us for the word, to speak the mystery... – Colossians 4:2-3

Reading and Lectio Divina

Praying

*It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch*

*a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway*

*into thanks, and a silence in which
another voice may speak.*

-Mary Oliver

Silent Meditation

Silent Journaling time:

What is stirring in you? What word or phrase spoke to you? How does the word or phrase from the reading or anything in this moment touch your heart and your life right now? What is arising related to Prayer, Doorways, Thanksgiving?

Contemplative Dialogue/Sharing time

Guidelines for Contemplative Dialogue (no fixing or saving or crosstalk—periods of silence.)

- *We listen with the ear of our heart; with loving attention, respect, and confidentiality.*
- *Our speaking arises from and returns to a contemplative silence; we discern the one thing longing to be shared on this day and in this group.*
- *We allow each group member to share or to “pass” before anyone speaks again about what is arising in them.*
- *We speak in trust that others will not interrupt, judge, question, or give advice.*

Closing Song and Blessing

*We envision a community that embraces the gifts of the present moment –
living with self-reflection, guided by values, and moved to loving action.*