

Contents of Brochure for “A Room Without Walls”

1. The Brochure/Booklet should comprise one A4 sheet, folded “landscape-wise” or two A4 sheets, folded “landscape-wise”, one inside the other.
2. The Front Cover, should comprise a computer-generated “Projective Geometry” pattern or design, with the title, “A Room Without Walls”, either above, or below the pattern or design.
3. Get a University Student, or Staff member, to do this, from the Architecture, Art, Computing or Media Departments: if we start with a really good design, we can keep using this year on year! “Why should the Devil have the best Art?”, to parody General Booth!
4. The First Item inside the Brochure/Booklet, reads as follows:-

In the 1960’s, an American Trappist monk, named Thomas Keating, was looking for a way to re-present the ancient tradition of Christian Contemplative Prayer, using contemporary language, after the Roman Catholic Church had sought to renew itself, at the Second Vatican Council. Thomas Keating came up with “Centering Prayer”, based on the ancient monastic practice of “Lectio Divina”, and on a mediaeval English mystical text, called “The Cloud of Unknowing”. At the same time, an associate of Keating’s, and fellow Trappist, named Thomas Merton, was exploring Sufism, and dialoguing with Buddhism, and an English Benedictine monk, named Bede Griffiths, was establishing a Christian ashram in India, to promote dialogue with Hinduism. It is in this spirit of reaching deep down into the heart of God, whilst, at the same time, reaching out to the entire world, in this same spirit, in quest for the heart of Humanity, that we practice Centering Prayer and Contemplative Meditation.

5. The Second Item reads as follows:-

I have come to know that spirituality is eminently a practical science – it concerns what we do when we get up in the morning, how we spend our day, how we go to bed at night – and specifically how much time and energy we are willing to dedicate to the practice of prayer and meditation.

- Cyprian Consiglio, Prayer in the Cave of the Heart

6. The Third Item reads as follows:-

Someone once said that, “The longest journey is the journey *inwards*”. To help us make this “journey”, we use the spiritual “tools” of Centering Prayer and Contemplative Meditation. Come and join us on this “journey” together, and, on the way, we shall discover “A Room without Walls”, opening out into the vastness of that “inner space” of the Spirit, where we find that we are, in fact, *not* alone, but exist, deep down, in harmony with the One, who is Love!

7. The Fourth Item reads as follows:-

Prayer is not a request for God's favours. True, it has been used to obtain the satisfaction of personal desires. It has even been adopted to reinforce prejudices, justify violence, and create barriers between people and between countries. But genuine prayer is based on recognising the Origin of all that exists, and opening ourselves to it.....In prayer we acknowledge God as the supreme source, from which flows all strength, all goodness, all existence, acknowledging that we have our being, life itself, from this supreme Power. One can then communicate with this Source, worship it, and ultimately place one's very centre in it.

- *Piero Ferucci, Ineffable Grace*

8. The Fifth, and final, Item inside the Brochure/Booklet, reads as follows:-

"A Room Without Walls"

Centering Prayer & Contemplative Meditation : Open to All

Except on public holidays, we meet every Wednesday evening, **during** University Term-time, and every 1st and 3rd Wednesday, **outside** University Term-time, from 6.30 pm till 8.30 pm, in St Mary le Wigford C of E, St Mary Street, **Lincoln LN5 7JB**

"Come and see!" (Jn1:39,46;4:29)

For any messages, questions or enquiries, etc, please contact Subash Chellaiah at the University Chaplaincy. Email : schellaiah@lincoln.ac.uk