

6-week Lectio Divina Praxis via Zoom

From the Contemplative Life Program

Wednesdays 6am to 7am

April 23rd to May 30th, 2025

All are Welcome – Come as you are!



You are invited to a 6-week morning prayer for learning, refreshing or deepening your Lectio Divina practice.

Listening to the word of God in Scripture (Lectio Divina) is a traditional way of cultivating friendship with Christ.

It is a way of listening to the texts of Scripture as if we were in conversation with Christ and He were suggesting the topics of conversation.

*We read under the eye of God until the heart
is touched and leaps to flame.*

Dom Marmion, French Benedictine

[excerpt from the Lectio Divina 40-Day Praxis Booklet].

Morning Schedule

5.45am Zoom Room opens with music

6am – 25 minutes Centering Prayer

Lectio Divina

Holy Listening, Sacred Sharing

Zoom closes no later than 7am.

For further information, zoom link and to register your intention to attend, please contact Christine: chris.kesans@gmail.com

or 604-817-6840 **New Number