

Our Seekers Group conversation on May 4, 2015 was around the question *what is a prayer?* We began by sharing our varied earliest memories of prayer, showing once again how our diverse backgrounds enrich rather than subtract from our fellowship and care for one another.

We considered what the differences might be in meditation, prayer, and worship. One of us shared a bit of wisdom from a teacher who said “meditation is emptying and detaching from Self in order to be present to God, while prayer is the Self being present to God in order to be more fully present to one’s life.” We found this interesting and possibly useful. After a bit more conversation, however, we decided that there may be great theological debate and extensive writing on these different categories, but that we didn’t need to fully understand them. We loved hearing from each other about what brings us to a place of peace, a sense of God’s presence, an opening to the Light. We agreed that sometimes prayer is a verb, an action, like picking up trash along a road, forgiving a co-worker for neglecting to do something (again), digging new garden beds, or peeling potatoes like Brother Lawrence.

There was consensus amongst us that we couldn’t imagine a God who would cause bad things to happen to people. One Friend shared a quote that “God can be All-Powerful or All-Loving, but not both.” Many of us struggle with the notion of intercessory prayers, feeling much more comfortable with the thought of holding ourselves or others in the Light so that we/they have strength, courage, etc for the difficult journeys. We acknowledged that there is much in life of which we have no understanding. Some of us shared that asking for help, particularly for our loved ones whom we worry about, is a very real and comforting experience. We touched upon how we are imperfect human beings, and that there is no explanation for some of the transformations – including forgiveness, healing, and compassion – that unfold within our hearts. We are grateful for these moments, which some referred to as *Grace*.

We agreed that our topic for next month will be *What is Grace?*

Readings will be chosen and shared soon. Our next meeting will be Monday, June 1, 2015 at 7pm in the Community House. We continue to feel much gratitude for the fellowship and inspiration that this circle provides, and wish to share it with more of the community. All are welcome to join us.

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