

 The logo consists of a stylized blue figure resembling a person or a question mark, with a circular shape at the top and a vertical line extending downwards, ending in a small circular dot. To the right of this icon is the text "Reflection points" in a bold, blue, sans-serif font.

Reflection points

Lectio Divina

(Adapted from Patricia Loring, *Listening Spirituality* Vol. 1 pp.111-117)

You will need copies of *Advices & Queries*, pens, paper and a selection of art materials.

Lectio – reading

- Select an Advice and Query (suggested passages: *Advices & Queries* 1, 2, 11, 17, 32, 33, 38, 39 or 42) or a passage from *Quaker faith & practice*.
- Read the passage slowly to yourself several times.
- You may find a word or phrase stands out and you may want to focus on that word or phrase.

Meditatio – reflection

- How does the text speak to you?
- What do you find difficult in the passage?
- What resonates with you?
- Stay with what is resonant, allowing it to open out for you.

Oratio – active prayer

- Think about what has resonated with you and what that says to you about what you believe about life, the world, God. How does it connect with what is deep within you?
- Allow this to arise within you and respond in whatever way is natural for you: you might want to write draw or draw or create an art work or read or take some form of outward activity (this may not mean actually doing that activity but deciding to do it).

Incarnatio – embodying

- Be aware of whether any response is called for from you in return: either inwardly in further reflection or prayer or outwardly in action as you move from reflection into action. What might your reflections lead you to do, to stop doing or to change?

Taking it forward

- Return to the word or phrase that emerged most strongly from the passage for you. What are your thoughts and feelings about this? What guides you in relation to this? What questions are there for you? How would you express them if you were writing in the form of one of the *Advices & Queries*?