



Advent Lectio Divina

St Aelred and St Mary's 2025

Tuesdays at 11.45am in St Aelred's hall

25th Nov, 2nd Dec, 9th Dec, 16th Dec.

You do not have to attend every week,
all sessions are 'stand-alone'.

This Lectio Divina series follows an ancient spiritual practice involving reading, reflecting, praying and contemplating a chosen Scripture passage, following a 4-step process. The sessions will follow the four Sunday Gospels for Advent.

Preparation (Silencio): We begin with music to help us relax and become aware of God's presence amongst us. This sets the tone for the session and allows us to focus inwardly.

1. **First Reading (Lectio):** One person is invited to slowly read the chosen Scripture passage aloud. Listen attentively for a word or phrase that resonates with you. After the reading, we take a minute of silence for reflection.
1. **Sharing the Word:** You are invited to share the word or phrase that resonated with you. You do not need to explain or elaborate at this point.
2. **Second Reading (Meditatio):** A second person will read the passage aloud again. This time, think about what the Lord might be saying to you personally through the text.

3. **Discussion:** We take time to discuss the shared reflections. Feel free to respectfully ask questions and explore the meanings of the words or phrases that came up for each of us.
4. **Third Reading (Oratio):** A third person reads the passage aloud for a third time. This time the focus is on what response you/we might be called to make to what you are hearing..
5. **Final Sharing:** We share our responses to the third reading, considering how we might respond individually and as a community to the Scripture.
6. **Closing Prayer (Contemplatio):** We end the session with a prayer, thanking God for any insights gained and asking for help to apply them in our daily lives.

By following these 4 steps, we will engage deeply with Scripture, fostering spiritual growth and community in readiness to receive the Christ-Child this Christmas.