

## Deepening Our Understanding of “The Gathering”

### **The 3 reminders**

1. There is to be no discussion of what happened in our interior world during the time of prayer and meditation.
2. We are not to grade ourselves or how well we are doing in our prayer life. “All is well” is a phrase we like to use.
3. What is important is that we have gathered in God’s name, and we will gather again.

1. We don’t talk about our experience because it invites comparison.
2. You are in your right and perfect place in your meditation journey; no judgements.
3. Practice again.

1. No sharing
2. No grading.
3. Gather again

You may ask anyone for advice.

(Adapted by Carol Farwell from the book, “The Gathering” by Rev. Jim Rosemergy.)