

# LIFE-STUDY FELLOWSHIP

Noroton, CT 06820

Founded 1939

## ***Welcome To ... Fellowship's Meditation Weekend, Saturday and Sunday, May 20 and 21!***

Dear Member,

We are very glad that you have decided to take part in LIFE-STUDY FELLOWSHIP'S MEDITATION WEEKEND! And we want to thank you for your thoughtful contribution to help make this special Meditation Weekend possible. You know, Dear Friend, that without your generous help we would never be able to have these wonderful programs!

We have added your name to our MEDITATION WEEKEND ACCEPTANCE LIST, along with so many of your Fellow members who are joining you for this special weekend of silent prayer and restfulness.

It is our hope that through these quiet times of meditation we can all become BETTER LISTENERS in our "prayer conversations" with God.

We feel sure that you will enjoy these times of meditation and find them to be very calming, very peaceful, very restful!

Again we thank you for your willingness to take part in this special weekend program and for your continuing support of Life-Study Fellowship!

And now, please use this guide for step by step instructions on how to proceed with your weekend of peaceful meditation!

With love and best wishes,

Your Friends in Life-Study Fellowship



"Let the words of my mouth, and the meditation of my heart, be acceptable  
in Thy sight, O Lord." -- Psalm 19:14

### **Instructions For Fellowship's Meditation Weekend**

It's Time To Open Your Heart To His Love And "Really Listen" For His Answers!

The program for our Meditation Weekend will consist of two meditation periods on Saturday ... and two meditation periods on Sunday. Each meditation period will last from 20 to 30 minutes. Please follow this guide and hear how these meditation periods can work to bring you new serenity, peace of mind ... and a new understanding of God's never-ending love for you!

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### First, A Few General Thoughts ...

The first meditation period of each day will be before breakfast, anytime at your convenience from 7 to 9 am. The second one will be before dinner, anytime from 4 to 6 pm. (You can start before or after these times if it is more convenient, as long as it is before eating.)



### IT IS IMPORTANT TO STRESS TWO THINGS ...

ONE: You must find a place to be alone or at least not disturbed during your meditation program, and it must be very quiet in your meditation place. The whole purpose of this meditation program is to experience quietness and silence ... and you cannot do this if there are distractions or interruptions nearby!

It doesn't matter what is going on outside your home. There may be traffic noise or birds singing or people talking ... that's "OK," but in your place of meditation it should be quiet. Even if you live in a large family it should be possible to arrange to be alone in a room for just 20 or 30 minutes twice each day, morning and afternoon, for two days. (Or possibly you could go to a friend or neighbor's home, or another place where you can be alone and quiet for those few minutes each day.)

TWO: It is important that you meditate before mealtime, not after. This may seem unimportant, but it really does matter. If you stop and think about it, the body is very busy after mealtime digesting the food you have just eaten. When we meditate it's important that the body is in as quiet and restful a state as possible. That is why you should meditate before meals! With these general thoughts in mind we can begin with the actual program.

Morning Meditation, Saturday; May 20, from 7 to 9 am. (Or anytime before breakfast.)

\* Find a place where you can be alone and quiet, or not disturbed, for about 20 to 30 minutes.

- \* Find a comfortable place to sit ... a chair or sofa, or sitting up in bed. (It's best to be sitting up because if you were lying down you might just fall asleep.)
- \* Notice what time it is ... you will be doing your meditation program for about 20 to 30 minutes.

### Now, Follow These 5 Easy Steps To Inner Peace

ONE: Seated as you are in a comfortable position, in a quiet place where you will be alone and undisturbed, simply close your eyes and sit quietly for about 3 or 4 minutes. Let your body relax. Let your breathing slow down and become more quiet. And let your mind wander and be free to think about any thoughts that may come to you.

TWO: After you have been sitting quietly with your body and mind relaxed and your eyes closed for 3 or 4 minutes, start thinking to yourself these two special "meditation words" ... ALMIGHTY FATHER.

Remember, don't speak those words out loud, simply think them to yourself and keep your eyes closed. Repeat thinking these two "meditation words" about every 15 seconds, and do this for 15 or 20 minutes.

Be very easy and relaxed about this. Don't try hard. Don't concentrate. Don't worry if you don't think the words exactly every 15 seconds. That is just a guideline.

Most important, don't worry if you think of other things. (Work or problems or what's for breakfast or dinner.) Any thoughts are fine ... it's natural for our minds to think all the time. And if your mind starts drifting, think the words ALMIGHTY FATHER again.

THREE: After you have finished the 15 to 20 minute-period of thinking the special "meditation words" ALMIGHTY FATHER, sit comfortably for 5 or 10 minutes longer with closed eyes. Don't think any special thoughts ... just let your mind drift and let your body feel very quiet, very restful.



*(Continued on page 3)*

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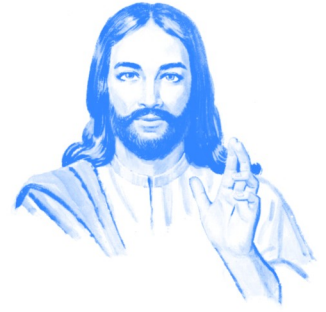
Then, after resting with your eyes closed, take 2 or 3 minutes to slowly open your eyes, stretch a little, and feel yourself returning to your normal energy level.

FOUR: During that final 2 or 3 minute period of slowly opening your eyes, stretching and being more alert, it is a very nice time to say a little prayer. You might wish to say your own personal prayer, or you might wish to say the special "MEDITATION PRAYER" below ...

*ALMIGHTY FATHER, help us to be silent, to be still, to be calm, rested and relaxed throughout this day and every day. Help us listen for You and be more aware of You. Help us in all we do. And help all of us, all people throughout the World, to live as one in peace, love, harmony and kindness. - Amen.*

FIVE: This concludes your meditation period for

Saturday morning, May 20. Simply repeat these same easy steps on Saturday afternoon sometime between 4 and 6 pm, and on Sunday, May 21, in the morning between 7 and 9 am, and in the afternoon between 4 and 6 pm at your personal convenience.



We hope you have enjoyed the experience of our Fellowship's Meditation Weekend, and that you have gained a new feeling of awareness, making you a better listener in your prayer conversations with God.

Thank you for taking part in this special Meditation Weekend. May His rest, peace and love be with you!

Your Friends in Life-Study Fellowship

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### Please Use This Form To Write To Us About Anything That Troubles You!

Regardless of the problem, you can receive special prayer help by using this form! Yes, write and tell us what it is that's troubling you. We will study your situation and prepare very personal prayers focusing upon your problem. Then we will rush you your prayers to seek the Lord's direction!

Mail To: The Special Help Department Life-Study Fellowship , Noroton , CT 06820

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