



The Guardian

DECEMBER 2019

A BLESSED ADVENT AND CHRISTMAS SEASON

Sunday, December 1

*First Sunday of Advent,
Breakfast with Wayne & Anne Cook,
9-10 a.m.*

Sunday, December 8

*Second Sunday of Advent
St. Nicholas Fair*

Saturday, December 14

The Greening of the Church, 9:00 a.m.

Sunday, December 15

*Third Sunday of Advent
Advent Lessons and Carols, 4:00 p.m.*

Saturday, December 21

*Festival of Lights with
St. Michael's Choir School, 4:00 p.m.*

Sunday, December 22

*Fourth Sunday of Advent
The Longest Night Service, 4:00 p.m.*



Tuesday, December 24

*Christmas Pageant and Holy Eucharist,
4:00 p.m.
Festival Candlelight Christmas Eve
Service with Holy Eucharist, 8:00 p.m.*

Christmas Day,

Wednesday, December 25

*Festival Holy Eucharist, 10:00 a.m.
Family Christmas Dinner, 12 - 2 p.m.*

Sunday, December 29

*Holy Eucharist, 8 a.m.
Christmas Lessons and Carols
(no Eucharist), 10:15 a.m.*

Sunday, January 5

The Feast of the Epiphany

NEWS OF THE PARISH

“VOICES of FAITH, BEAUTY, HOPE”

ST. MICHAEL'S DAILY DEVOTIONAL FOR ADVENT

This year the Leadership Team of the Discipleship & Discernment Ministry has created an Advent daily devotional by and for St. Michael's parishioners. In the model of "Forward Day by Day," the devotions are personal reflections of St. Michael's people on a particular Scripture or other source proper to each day of Advent. Booklets will be available at church to take home by the First Sunday of Advent, December 1.



**ADVENT BREAKFAST AND THANKSGIVING
FOR WAYNE & ANNE COOK SUNDAY,
DECEMBER 1, 9-10 AM**

We will gather between the two services from 9 to 10 am on Sunday, December 1 to celebrate the first Sunday of Advent and to give thanks to Wayne and Anne Cook, who will be moving to Delaware in early December. Please come and tell Wayne and Anne how important they have been to our life and ministry!



STEWARDSHIP UPDATE

Many thanks to everyone who has made a pledge in support of St. Michael's ministry and mission for 2020. As of November 15, we have received 106 pledge cards for a total of \$213,379! We are well on our way toward our goals for pledges received (140) and total pledged (\$260,000). If you have not had a chance to pledge, we encourage you to do so soon. Pledge cards may be returned in the offering plate on Sundays or mailed to St. Michael's. If you have not received a pledge card, you can pick one up in the back of the church or the Common Room, or we can send one to you. Just contact the office at (802) 254-6048. Many thanks for your great generosity and support!

**CHRISTMAS PAGEANT REHEARSALS BEGIN
DECEMBER 1**

Calling all toddlers, children and teens! Join St. Michael's Christmas Eve pageant and help bring the Nativity to life for our parish. This year, the Christmas Eve pageant will be directed by Caleb Fritz, who will be assisted by 5 dedicated St. Michael's teens, along with the continued help and assistance of Assistant Director Miranda Smith.

To speed up the casting process, Caleb will be sending out a google survey with a list of roles for parents and their children to fill out two weeks before rehearsals start so check your emails!

Rehearsal dates are: Sunday mornings 9:00-10:00 a.m. on December 1, 8, 15, 22 and on Monday December 23 with that time to be decided. On Sunday the 22nd, two rehearsals will be held -- one from 9-10 a.m. and one following the 10:15 service from 12:30-1:30/2:00 pm, depending on how much work needs to be done.

December 23rd's dress rehearsal may occur in the afternoon, but has not yet been determined. December 24 is the day of the Pageant. All should arrive at 3:15 on that day. The pageant begins at 4:00 p.m.

We invite youth from outside the Parish to join in too. Kids: if you have friends from school or the neighborhood who'd like to be part of the pageantry, please encourage them to come join us. Thanks!

NEWS OF THE PARISH

ADULT FORUMS FOR DECEMBER

December 1 – No Forum this day as we are celebrating an Advent Breakfast and Thanksgiving for Wayne and Anne Cook. Please meet in the Undercroft for some food and fellowship!

December 8, 15 & 22 – Moving through the Season of Advent with Voices of Faith, Beauty and Hope – This year, the Leadership Team for the Discipleship & Discernment Ministry has been exploring ways to help us live even more fully into the liturgical rhythm of our faith. This Advent season, we have our very own St. Michael's daily devotional comprised of over 25 voices from the parish. Join Adwoa, who compiled and organized the effort, and some of the writers of the devotions as they reflect on the Season of Advent and their experience of responding through writing to Scripture, Collects, and Antiphons of the season.

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**ADVENT PRAYER AND FELLOWSHIP:
EVENSONG, SIMPLE MEAL, AND IMAGINATIVE
PRAYER - DECEMBER 3, 10, 17**

Advent is a time of waiting and anticipation. Come prepare your heart and mind for Christmas through the ancient Anglican liturgy of Evensong. Stay for a simple supper in community. End the night by practicing imaginative prayer - envisioning yourself in the major stories of the season and reflecting on what they mean for you. If you are participating in imaginative prayer, you might want to view a video by Fr. James Martin about St. Ignatius and imaginative prayer at <https://youtube/h4ZLukX8u0>. People may attend for any portion of any evening. Childcare with activities will be available at dinner and afterward.

- 5:15 - Evensong
- 6:00 - Simple Supper in the undercroft
- 6:30 - Imaginative Prayer: Listening for God's call in your life through the Advent stories

ST. NICHOLAS DAY FAIR, DECEMBER 8



The St. Nicholas Day Fair is one of the most joyful and fun events of our church year! There is food, Christmas craft-making for all ages, Advent Devotional bags, and a visit from St. Nicholas himself. Please join us for this special event immediately following the 10:15 am service on December 8.

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**THE GREENING OF THE CHURCH,
DECEMBER 14**

All are invited to the greening of the church on Saturday, December 14 at 9 am. This is a festive time when parishioners of all ages are invited to adorn the church with greens and decorate the Christmas tree. Please join us for this festive morning!



NEWS OF THE PARISH

**ADVENT LESSONS & CAROLS
SUNDAY DECEMBER 15, 4 PM**

A very special Lessons & Carols is coming! The mystery, beauty, and deep joy that the Advent season brings is often distilled into great clarity each year as we gather to celebrate the liturgy that we know as Lessons & Carols. This year, our choir is journeying even more fully into the radiant season, as we present and share with you the “Great O Antiphons” of Advent. These 7 ancient chants date back to the 6th century. They were such an important part of the early Christian community’s experience that it was said that during Advent, one “kept the Great O” in preparation for the day of the incarnation.

These 7 chants are the various names of Christ, with each name representing a Scriptural attribute. The seven names



are: Sapientia (wisdom); Adonai (Lord); Radix Jesse (Root of Jesse); Clavis David (Key of David); Oriens (Dayspring); Rex Gentium (King of All Peoples); and Emmanuel (God With Us). The names are remarkable in that, for the most part, they are descriptive of ways in which Christ both fulfills prophecy and extends our understanding of the nature of God.

To accompany the chants, the choir will sing 5 anthems that reflect the nature or emotion of the names of Christ. As before, the congregation will join in the singing of Advent hymns, and the lessons of the season will be read.

All of this, with candlelight, deep fellowship, and with the gratitude of the great gift of Love that is coming! Please join us as we “Keep the Great O” together!

ADVENT LESSONS AND CAROLS RECEPTION, DECEMBER 15

The reception after the Lessons and Carols Service on December 15 is a St. Michael’s tradition and is a wonderful way to thank our choir and to provide hospitality to visitors to our church. We are asking the congregation to help by bringing food. If you are able to help, please bring snacks such as sweet finger foods, fruit, or cheese and crackers.

In order not to have too much of one thing, we ask those with last names A-J to bring sweet finger food and those with last names K-Z to bring cheese & crackers or fruit. Please offer treats that don’t require plates! Food may be dropped off at Coffee Hour on December 15 or before the Lessons and Carols service later that day. Thank you ahead of time for your help!

FESTIVAL OF LIGHTS DECEMBER 21

Join our Choir Schools for a magical afternoon of singing, reading, and candle-lighting as we edge closer to the Feast of the Nativity! Students from all three levels of Choir School will be participating to make this heart warming afternoon a joyful blessing for all of us.

NEWS OF THE PARISH

THE LONGEST NIGHT SERVICE**Sunday, December 22, 4:00 pm**

The holiday season can magnify what is going on in our lives, including pain and loss. "Peace on Earth," or even peace in our hearts, may seem an impossible dream. Sadness and memories may seem overwhelming at a time when joy and celebration are expected. The Longest Night is a service of hope for all who carry sorrow of any kind. Join us in this inclusive service, during which we honor the burdens we bear and claim the promise of light that follows even the darkest night. We hope that the cello playing, readings, candles, chants and naming the pain may help us to find the comfort we need and strengthen the connection we share. All are we.



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**LANEGLICANS RETURN:
SUNDAY 12/22, 12:30-2:00**

One of the aims of the discipleship and discernment ministry is to manifest the fruits of the Spirit, including joy. For many of us, bowling manifests joy -- or at least laughing at ourselves. After last spring's enjoyable bowling outing, we invite you to come again to Brattleboro Bowl (856 Putney Rd) from 12:30-2:00 on Sunday December 22. Some folks will gather for a seasonal noon-day prayer in the chapel after coffee hour and then head to Brattleboro Bowl together; others may choose to meet the group at 12:30 at the bowling alley. If you would like to come, please sign up in the common room so that we know how many lanes to reserve.

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**ST. MICHAEL'S FAMILY CHRISTMAS DINNER
CHRISTMAS DAY, 12 - 2**

Once again, there will be the annual St. Michael's Family Christmas Dinner on Wednesday December 25, Christmas Day. Dinner will be downstairs in the Undercroft from, 12-2. Sissi Loftin and Janet Brocklehurst will provide turkey, gravy, and cornbread dressing. If you want to bring a favorite dish, please call Sissi at 254-9509. Everyone is invited. Please use the sign up sheet in the Common Room so we will know how many to expect at our 7th annual Family Christmas Day dinner. Hope to see you there!

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*Photo: The Staff of St. Michael's
thanking Thad Bennett for his
ministry at St. Michael's.*

NEWS OF THE PARISH

NEW YEAR'S CONCERTS: BACH CELLO SUTES**December 31, 7:30 pm + January 1, 3 pm****From Susan Dedell**

What do YOU do on New Year's Eve and Day? How about celebrating by hearing a magnificent cellist play some of the most remarkable music ever penned? In the magical space of our sanctuary?

On New Year's Eve, December 31 at 7:30 pm and on New Year's Day, January 1 at 3 pm, you can reflect on the passing of this Old and welcome the potential of the New with one of the greatest artistic gifts to humanity: the Bach Cello Suites. It is with great excitement and gratitude that we welcome cellist Paul Cohen, a friend and colleague and one of the most beautiful players I have had the privilege of hearing. Paul will play three of the suites on New Year's Eve and another three on New Year's Day. Admission is by donation. You may attend one program or both; but I guarantee you, if you come for the first one, you'll be back for the next! Paul's playing is lustrous, communicative, and emotionally rich; his stage presence is gracious; and I know that these will be programs to remember.



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**2020 SACRED GROUND GROUP
AT ST. MICHAEL'S**

This fall, a Sacred Ground dialogue group has been meeting at St. Michael's. We would like to offer another group beginning in the new year. If you are interested in joining or want more information, please contact Sissi Loftin at sissiloftin@hotmail.com or 254-9509.

Sacred Ground is part of Becoming Beloved Community, The Episcopal Church's long-term commitment to racial healing, reconciliation, and justice in our personal lives, our ministries, and our society. This 10-part series is built around a powerful online curriculum of documentary films and readings that focus on Indigenous, Black, Latino, and Asian/Pacific American histories as they intersect with European American histories and is especially designed to help white people talk with other white people. Participants are invited to peel away the layers that have contributed to the challenges and divides of the present day—all while grounded in our call to faith, hope, and love. To learn more about Sacred Ground, go to www.episcopalchurch.org/sacred-ground

"St. Michael's Treasures its Treasurers"
(left to right) Doug Switzer (former Treasurer), Bruce Lawrence (new Treasurer) and Wayne Cook (outgoing Treasurer).



DIOCESE OF VERMONT GRANTS AND LOAN COMMITTEE SUPPORTS DISCIPLESHIP & DISCERNMENT MINISTRY



On Saturday November 2, Mary and I met via video conference with the Grants and Loan Committee of the Diocese of Vermont. This diocesan committee has funded a major portion of this ministry for the last two years. We were meeting with them to discuss our proposal to support the ministry through its final phase in the first half of 2020 with a request of \$7,500.

We shared about what has happened in the ministry in the last year and our goals for the coming year (see in italics below). The committee asked questions, especially about how the fruits of the ministry could be shared more broadly within the diocese.

We expressed our hope that this can be a particular focus in the winter and spring. The committee wrote back on the same day to share their decision to support the grant.

Thank you to the Diocese of Vermont and to all of you at St. Michael's who have participated in the ministry. I'm hopeful that the fruits of what we're learning can and will be shared.

The St. Michael's Discipleship Ministry is an experimental movement made up of individuals called to explore, create and reclaim the practice of following Jesus in community in this particular time and place. Our hypothesis is: if we draw on the scriptures, tradition, reason (12-step group structure principles, community organizing principles, Christian history), we can create a ministry that will:

- *Manifest the fruits of the Spirit in individuals (Galatians 5:22) - Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, Self-Control;*
- *Deepen relationships with God and with other people inside and outside the parish;*
- *Form new leaders and ministries inside and outside the church.*

In 2020 the project will be specifically focused on:

- *Following through with the projects that were launched in year 2 through the missional training program, including the formation of a St. Michael's team that partners with the Greater Falls Community Justice Center to support people transitioning out of prison and addiction through the creation of a St. Michael's Circle of Support and Accountability (COSA) team;*
- *Focusing collectively on one missional project that includes people beyond St. Michael's, perhaps starting a L'Arche community in Vermont. L'Arche communities "provide homes and workplaces where people with and without intellectual disabilities live and work together as peers, create inclusive communities of faith and friendship, and transform society through relationships that cross social boundaries . . . All L'Arche communities welcome people of all faiths and those who are not religiously affiliated." – www.larcheusa.org;*
- *Engaging in communal practice of the Daily Office and celebration of the major feasts and liturgical year as begun in year 2;*
- *Exploring partnerships and training more broadly in the diocese, perhaps through satellite discipleship groups, Zoom trainings, day-long retreats or trainings;*
- *Creating a transition plan at St. Michael's to ensure that the practices from the ministry can be continued beyond the Priest for Discipleship and Discernment's tenure.*

EXPLORING OUR FAITH TOGETHER

MISSION IS “THE CHURCH SENT OUT INTO THE WORLD.”

We are having a church-wide conversation on Saturday morning, January 11, to help us discern what God is calling our faith community to do in the world. It is a way for us to discover a deeper understanding of our shared values and of our spiritual purpose that will guide us now and in the future. The conversation is a follow-up to the conversation we had about the ‘Black Lives Matter’ sign in which many people asked, “What do we stand for?” and “How do we proclaim this to our community?” It will complement the information gathered from the small groups in November which explored the impact of the Ministry for Discipleship and Discernment on the spiritual life of our congregation. The information from these different conversations will be discussed prayerfully at the Vestry retreat in February as we ponder next steps.

We will be providing more information in the January Guardian, and we urge everyone to put the morning of January 11 on their calendars. We are looking forward to your participation!

**SAVE THE DATE: FRIDAY JANUARY 24, 2 PM
TO SUNDAY JANUARY 26 AT 9:30 AM
UPCOMING RETREAT AT HALLELUJAH FARM**

**“Desire and Discernment:
Learning How to Listen for God’s Call”**

The Discernment for Lay People Team (Christy Fritz, Cary Gaunt, Joanne Patalano, Rev. Duncan Hilton) invite you to a two-day retreat that provides an opportunity for a deep dive in learning discernment and prayer practices in the tradition of St. Ignatius. Come prepared with your burning life questions, unresolved desires, and curiosity to learn how to listen to that still small voice within. This retreat will apply Ignatian discernment practices to a decision in your life. Stay overnight or commute each day. More details to come.

**VESTRY**

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EXPLORING OUR FAITH TOGETHER

**A DEVOTION BY DR. PAT SAXON ON DEBORAH SMITH DOUGLAS' ESSAY
"CROSSING BOUNDARIES CAN CHANGE OUR LIVES FOREVER"**

From St .Michael's Social Justice Committee for Advent 2019

Since the beginning of time, boundary crossings have resonated with mythic, symbolic, psychological, and spiritual power. "At the edges of things," asserts Deborah Smith Douglas, "we move from one reality—familiar, known—to another reality—unknown," and possibly dangerous. Consider the Israelites' crossing the Red Sea or their descendants' journey over the Jordan into the Promised Land. According to Douglas, these passages were more than symbolic divides; they were real evidence of the providence of God. She cites too the New Exodus from slavery to freedom for African Americans as they crossed the Ohio River into the North. More radical than these is the "breathtaking generosity" of the Incarnation: God chooses to save the world by becoming one of us.*

Our boundaries may lie close to home, may be inner rather than outer—an opportunity for ministry we are avoiding or denying; it may be some "unseen line" that separates us from volunteering in a school, hospital, prison, homeless shelter, with the physically challenged or mentally distressed.

Douglas was blessed with a close relationship with a remarkable border crosser: a diminutive Catholic Sister of Charity, who, after a career in health care, quietly traversed the US border into Mexico several times a year for many years. Sr. Mary Joaquin (or Madre, as the campesinos called her) regularly made the journey between Santa Fe and San Miguel de Allende, her car loaded with boxes of donated supplies for her clinic which served some of Mexico's poorest.

Actually, Sr. Mary had already crossed a number of borders—first when she entered the Sisters of Charity as a young woman and second, when, after retirement from running a hospital, she longed for a life of contemplation and joined a small Benedictine monastery in Mexico. But grieved by the campesinos' poverty, illness, and child mortality, she knew she could not do nothing, so she began a small clinic in her kitchen. "Having made herself profoundly available to God by means of contemplative silence, she found herself sent by God, in love, to do justice." (Douglas)

So what boundaries in your life hold you back from following Jesus's call to justice? Are your "border guards" fear, prejudice, ignorance, apathy? Do you get fenced in by imagining that justice work would upset your safe, well-provisioned life? Does your lack of confidence undermine a trust that God will equip you for the journey?

Take some time to quietly hold these questions in your heart this week and listen for the Spirit's voice within. Justice requires us to step into our prophetic spirituality "because Love desires it. Love longs for divisions to end and barriers to fall, because Love longs for everything to participate in its own divine eternal, indivisible union." (Douglas)

Beloved Border Crosser, clear whatever blocks our way from engaging in the work of justice. Amen.

**This devotion appeared in the newsletter of the Cathedral of Hope, Dallas, Texas last October. It is a distillation of Deborah Smith Douglas' thoughtful essay in the November/December 2002 issue of Weavings, 7-15.*

NEWS OF THE PARISH

NOVEMBER VESTRY MEETING REPORT

We opened our time together with a time of reflection on the concept of November.

Duncan Hilton and Jeff Haim presented an update on the MDD programs and next steps going forward.

Bruce Lawrence, treasurer, reviewed financial updates. We are on target as far as our budgeting for the year. A report of the quarterly Endowment Committee was discussed. An update on the Stewardship Drive was also reported.

Rev. Mary reviewed key dates upcoming during Advent including a farewell breakfast for Wayne and Anne Cook. The MDD small group conversations had 75 folks participating with the collating of reports in progress. She addressed a building concern from the Nursery School. The Vestry voted to have Buildings and Grounds to do work on the creation of a more secure space for the Nursery School entry from the parking lot, for a cost of up to \$1250.00. She noted that the Interfaith Action Group would be having a gathering on Feb 1, 2020 with inter-church listening regarding social justice topics important to the town.

Carolyn, Sr. Warden, discussed the nominating process for creating a slate of candidates for Vestry and delegates to the conventions such that prospective candidates will have an opportunity to speak with the Wardens about being a Vestry member. A discussion regarding Emergency Preparedness education was considered; follow-up on format and consultant will be pursued (Ushers, choir, Vestry members for training and, perhaps, an adult forum for those interested).

An All Parish meeting on January 11th (Saturday morning with donuts and coffee) will invite us to discuss "What God is calling us to do in this world". This is a continuation of the conversation that happened in July. Communications via Guardian, E-Blasts, Sun-

day bulletins, and having the open-ended questions on flip chart sheets hanging in the Undercroft upon which parishioners may write responses, as well as, an on line option and pen and paper option. We want to hear from as many church family members as possible. Judy (who was thanked for her leg work in preparing possible questions), Imogene, Carolyn, and Janet will be the Task Force to make this happen.

Committee reports:

Ricky reported that B&G is making the roof concerns a high priority. The Vestry instructed Ricky and Mary to support Vince Johnson in seeking bids for a new roof including a solar option. Once bids are received, the Vestry will formulate a plan to pay for the new roof.

Monthly Listening Corner: Imogene and Janet reported on a wide range of concerns raised by parishioners, as well as a new member and a visitor (very positive impression of our church community). Judy and Janet had breakfast with some of the 8 o'clock attendees with additional input. It was recommended that there be a monthly check-in with the first service parishioners.

Carolyn reported the Healing Team joined with St Mary in the Mountains Healing Team for a joint Retreat. It was an opportunity to recommit and to deepen our spiritual journey.

Thank you note cards sent to the facilitators of the small groups discussions, John Daly and Leigh Marthe (Newcomer's Tea), Susan and Paul (Taize Service), B&G (Clean-Up)

Carolyn offered a closing prayer.

Respectfully submitted by

Carolyn Taylor-Olson, Sr. Warden

EXPLORING OUR FAITH TOGETHER

DECEMBER LECTIONARY

December 1

Isaiah 2:1-5, Psalm 122,
Romans 13:11-14, Matthew 24:36-44

December 8

Isaiah 11:1-10; Psalm 72:1-7, 18-19; Ro-
mans 15:4-13; Matthew 3:1-12

December 15

Isaiah 7:10-16, Psalm 80:1-7, 16-18;
Romans 1:1-7, Matthew 1:18-25

**December 22**

Isaiah 7:10-16; Psalm 80:1-7, 16-18;
Romans 1:1-7; Matthew 1:18-25

December 29

Isaiah 61:10-62:3;
Psalm 147 or 147:13-21;
Galatians 3:23-25; 4:4-7; John 1:1-18

CELEBRATIONS

DECEMBER BIRTHDAYS

- December 1 Liz Vick,
Cindy Bacigalupo
December 3 Jonah Siegel
December 6 Ramon Escalera Jr.
December 7 Chris Mattson
December 8 Julia Fedoruk,
Paul Dyer
December 9 Jeanette Perry
December 10 Clara Fritz,
Gigi Birri
December 11 Wylene Wood
December 12 Jenny Karstad,
Hailey Cogliano,
Rebecca Mayer,
Holly MacLean
December 14 Robin White-Diamondstone
December 15 Carol Hesselbach
December 17 Julie Ackerman-Hovis,
Jessica Bennett
December 20 Merribelle Coles,
Annabel Horton
December 22 Susan Avery,
Ann Bonneville
December 23 Jean Smith



- December 25 Joyce Vining Morgan
December 26 Jeanette Landin,
Hugo Taggart
December 28 MJ Woodburn,
Christine Gauthier,
Stephanie Diamondstone
December 30 Annamarie Pluhar

DECEMBER ANNIVERSARIES

- December 5 Brian & Joyce Vining Morgan
December 7 Michael & Susan Wilmott
December 21 Lucia Osiecki & Deb Jones
December 27 Bruce & Kerry Capponcelli



The Guardian is published monthly by St. Michael's Episcopal Church. News items, announcements, articles, etc., should be submitted to jeanie@stmichaels-vt.org by the 15th of the month for consideration.

The Guardian Mailing List: Contact Jeanie Crosby with address changes or requests to be added or removed from *The Guardian* mailing list. jeanie@stmichaels-vt.org or 802-254-6048.

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ST. MICHAEL'S
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The Guardian

a Christ-centered community of practice awakening to the abiding presence of God



Our Worship Together

SUNDAYS

8:00 am, Quiet service of prayer and Holy Communion
10:15 am, Prayer, music, and Holy Communion, with childcare

WEEKDAY MORNINGS

6:00–7:00 am, Silent hour in chapel

WEDNESDAYS

12:00–12:30 pm, Brief service of prayer and Holy Communion

THURSDAYS

5:30–6:00 pm, Contemplative service of chanting, silence, and prayer

SATURDAYS

8:00 - 9:00 am, Centering Prayer