



Contemplative Practices



Among the many churches in the ECMN offering contemplative practices, Calvary Episcopal Church in Rochester provides such opportunities through the Sacred Circle ministry. Sacred Circle offerings, including yoga and labyrinth walks, are a means of outreach to Calvary's neighbors. Founded in 1860, Calvary is located in the center of Rochester and the heart of Mayo Clinic's large campus. As a non-profit medical center, Mayo serves more than 1.2 million patients a year from 132 countries and

across the U.S., in addition to the immediate Minnesota community. Mayo is Minnesota's largest employer, and most of its patients have complex or life-threatening disorders that clinicians manage daily. Calvary strives to meet the pastoral needs of Mayo's staff as well as its patients. With patients, physicians and scientists from around the world, Rochester is uniquely multicultural. Far from home, many patients and families attend Calvary's Sunday services and the Monday Healing Service, and enjoy restorative time in Calvary's



Oasis garden. Calvary's Sacred Circle mission is to offer contemplative practices to quiet and center the body, mind and spirit with the intention of gaining greater understanding of oneself and closer relationship to God. In addition to yoga classes, meditation series, and Taize services, these offerings include:

Labyrinth Walks— The Labyrinth is an ancient symbol and purposeful path that has long been used for meditation and prayer. Calvary has a portable canvas Labyrinth and a trained Labyrinth facilitator. Regularly scheduled labyrinth walks are open to the community.





Contemplative Practices



Quiet Days. During Lent and Advent certain Saturdays are reserved for silent prayer and meditation in the candle-lit sanctuary. While other contemplative activities are offered in other parts of the church, the rector is in the sanctuary and available for counsel, confession and companionship. The mornings conclude with a service of Noonday Prayer.

Dances of Universal Peace. Led by a certified leader, these meditative, multicultural circle dances use sacred chants, music and movements from many spiritual traditions—a celebration of the bonds of peace. Members of other faith traditions, such as members of Rochester’s Quaker community have participated in this practice.

SoulCollage® In a meditative atmosphere, this a transformative process of increasing awareness of one’s inner wisdom through spending time with images, assembling collages, and reflective writing while tapping into one’s intuition and spirituality.

Contemplative Art: led by a parishioner and artist, participants use colored pencils to personalize a printed mandala designed by the artist while silently undertaking their own spiritual renewal.