



The Monthly Newsletter Publication of Triune Lutheran Church
“Set Free to Serve One Another”
October 2025

Address:
4810 West Mill Road
Broadview Heights, OH 44147

Phone: 440-526-3676
Website: triunelutheran.com
E-mail: triune948@gmail.com

Worship Schedule:
Sundays 11AM (traditional)

Ministers.....All People
Pastor..... Kathryn Rackley
Administrative Assistant.....Jan Piskac
Organist.....Edith Schatt
Council President.....Tim Mize
Council Vice-President...Bonnie Piskac
Council Secretary.....Tina Schwab
Council Treasurer.....Jack Schwab



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Triune Lutheran Church



**Evangelical Lutheran
Church in America**

God's work. Our hands.

Part One (October): A Prayer of Consent

For the past two months, we've been exploring prayer as more than words — prayer as presence, openness, and transformation. This month, we turn to one of the great gifts of our Christian contemplative heritage: *Centering Prayer*.

Centering Prayer is not something new. It grows out of the ancient practices of the Desert Mothers and Fathers, the wisdom of the Cloud of Unknowing, and the teachings of mystics like John of the Cross and Teresa of Avila. In the 1970s, three Trappist monks — William Menninger, Basil Pennington, and Thomas Keating — distilled this heritage into a simple practice accessible for our time.

At its heart, Centering Prayer is a prayer of *consent*: consenting to God's presence and action within us. It is not about thinking thoughts about God, but resting in God. As Thomas Keating wrote, “The Christian Spiritual Path is based on a deepening trust in God. It is trust that first allows us to take that initial leap in the dark, to encounter God at deeper levels of ourselves”.

Here's the simple method:

1. Choose a **sacred word** as a symbol of your consent to God's presence.
2. Sit comfortably, close your eyes, and silently introduce the word.
3. When thoughts, feelings, or distractions arise (and they will), gently return to the word.
4. At the end of the time, remain in silence for a minute before re-engaging the day.

Most people begin with a 20 minute session (with the goal to build the practice to twice a day). Like with physical exercise, the result isn't immediate. The fruits don't come during the prayer time itself but are experienced in your daily life: more patience, compassion, forgiveness, and peace.

Centering Prayer is not an escape from life but an immersion into it. It quiets the noise of our minds so that God's Spirit can do the deeper work of healing, transforming, and making us whole. As Basil Pennington once said, "Centering Prayer is a way of *pure faith*, of returning to the deepest center of our being."

Next month, we'll explore what happens in this silence — how Centering Prayer touches the deep layers of the unconscious, the "false self," and opens us to the freedom of our true self in Christ.

Newsletter Sidebar

✠ How to Begin Centering Prayer

1 ☐ Prepare

- ☐ Sit comfortably, back straight, feet grounded. Close your eyes.

2 ☐ Choose a Sacred Word

- ☐ Select a simple word (like *Peace, Love, Abba, Spirit*) — a symbol of your consent to God's presence.

3 ☐ Begin

- ☐ Gently introduce the sacred word. Rest in silence.

4 ☐ Return

- ☐ When thoughts or feelings arise (and they will), gently return to the sacred word.

5 ☐ Rest

- ☐ Continue for about 20 minutes. When finished, sit in silence for a minute before re-engaging your day.

☐ *Practice once or twice a day. The fruits are often seen not in the silence itself, but in daily life: more patience, compassion, and freedom in Christ.*

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We ask you to keep the following siblings in Christ in your prayers:

Norelle Gress
Niki Grigsby
Patty Gurka
Phil Pesko

Jack Schwab
Annie Slaughter
Mardell Weiss
Clara Wilcox



If you wish to send any cards, please send them, or drop them off, to the church office, and we will be sure to deliver them.

12th Colin Schatt
29th Mardell Weiss



The Monday Discussion Group
The Monday afternoon discussion group will
once again be picking up our study of DAVID:
Developing a Heart for God.

**Just a reminder to turn your clocks
back one hour on November 2, 2025**



OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 AA @ 8 pm	3	4
5 WORSHIP <u>@11 AM</u>	6 Bible Study @ 1pm	7 AA @ 7pm	8	9 AA @ 8 pm	10	11
12 WORSHIP <u>@11 AM</u>	13 Bible Study @ 1pm	14 AA @ 7pm	15	16 AA @ 8 pm	17	18
19 WORSHIP <u>@11 AM</u>	20 Bible Study @ 1pm	21 AA @ 7pm	22	3 AA @ 8 pm	24	25
26 WORSHIP <u>@11 AM</u>	27 Bible Study @ 1pm	28 AA @ 7pm	29	30 AA @ 8 pm	31	