

---

# URBAN ABBEY

---

Coffee | Cause | Communion

---

## Our Vision

---

We are a space of radical hospitality connecting people to God and one another in everyday life.

## Hospitality

---

From local milk to reclaimed wood tables, whether for worship or the Farmers Market, we welcome everyone just as they are. We are a space of authenticity, engaging God's presence in the real stuff of life.

## Connection

---

We reach out to our community from a place of deep faith. We connect with God to go out and change the world. We are not waiting for people to find us; we want to meet as many people as we can, connect, and share love.

## Generosity

---

We believe that to explore generosity we must practice it. It is risky, but we give 10% of our coffee bar sales to local non-profits. Every month we have a different partner. Our giving is more than in-kind goods; we provide significant financial resources to do life-giving work in the community.

## Praying the Scriptures

### Lectio Divina (Divine Reading)

Lectio Divina, which is Latin for "divine reading," is a way of reading or listening to a text, usually scripture, not for information but for the formation of our spirit. There are four moments of prayer in Lectio Divina.

### Lectio; The First Moment (Reading/Listening)

We "listen" as the text is read aloud (or as we read it aloud to ourselves) allowing the words to penetrate our consciousness. (Short passages are preferable to lengthy ones.) As a word or phrase speaks, we don't so much think about it as we listen in silence and quiet expectation. (The length of our silence can range from 2 minutes to several minutes depending on the amount of time we have.)

### Meditatio; The Second Moment (Meditation/Reflection)

As the passage is read a second time, we might ask, "What is being said to me?" We ponder quietly and patiently the word or phrase to which we have been drawn. We let it speak to us. In silence we begin to repeat the word or phrase over and over.

### Oratio; The Third Moment (Prayer/Conversing with God)

As the passage is read a third time, we reflect on any feelings that have emerged for us; feelings of gratitude or joy or concern. We pray about our feelings. Or we may want to ask God for more insight or for the grace or courage to respond in some way.

### Contemplatio; The Fourth Moment (Silent Resting in God)

After the fourth reading of the passage, we rest in silence in God's embrace. When our mind wanders we may repeat the word or phrase we repeated earlier and then return to the silence.

### Concluding Prayer

We may want to conclude with a prayer that by God's grace, we will be God's Word, presence and love for others.

- Rev. Dr. Donald D. Bredthauer, Retired UMC Clergy, Spiritual Director