

---

# 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.

## Recollection/Centering Down

Quakers call it "centering down" and Sue Monk Kidd calls it the "prayer of presence." Monastics call it recollection. So you have your choice of names or clearly an invitation to invent your own. No matter what you might call it; recollection is a process of centering, a process of making the mind still and quiet.

This often starts with making your body still, comfortable, quiet and prepared. Some people take this time and focus on an image or imagine Jesus, Moses, or probably even a old friend sitting in the chair nearby. Others take a more physical approach, and I find that helps me as my mind wanders or I want to take a nap. Richard Foster shares this as "palms down, palms up" in his book *Celebration of Discipline*.

Centering Down is an outward reflection of what is happening inward. You may imagine your palms up as a posture of receiving. It says you are open to God's presence. You turn your palms down when a distraction presses in or a weighty concern rises up in your mind. Turning your palms down might be a chance to say, "I'm letting go." You could finish the phrase "I release my..." or "I give over my..." as concerns come your way. There may be little moments in the day, like an unhelpful comment from a co-worker, an email that didn't feel pleasant, or a longing for more time to care for a sick parent or child. It can be major moments in life, like illness, deep grief, or the struggle to find life-giving work. This is space where you can imagine setting those cares aside, even if it is for only a moment or two. As you release the struggles with your palms down, you might be prepared to turn your palms up and say, "God, I would like to receive calm before my doctor's appointment tomorrow." or "God, grant me your love for my co-worker."

Richard Foster concludes, "Having centered down, spend the remaining moments in complete silence. Do not ask for anything. Allow God to commune with you, to love you. If impressions or directions come, fine; if not, fine."

- Rev. Debra McKnight