

Praying Together Virtually

For some the experience of praying together in an online meeting may be new and may seem a bit awkward or strange. The online meeting site is a container or a room that you are gathered in together. And, just as the internet carries your voices it also carries the energy of your presence. As you enter into prayerful space you create an energy field that is not bound by time and space. Below you will find some tips to enhance your experience of praying together online.

Praying Tips for Online Gatherings:

- 1) Always begin with a moment or two of connection where each person shares how she comes to this time together
- 2) Ask that phones are turned off or muted if possible, especially during the prayer session.
- 3) If there is a prepared prayer, either send it out with the agenda or right before the call on an email so everyone has a copy. This is especially helpful if there are responses or shared parts to the prayer. Consider having a picture or symbol included in the text that participants may look at during reflection time.
- 4) If there are shared parts, it is best to have persons pray these as individuals as there will be delays in the transmission making it impossible for the group to stay together.
- 5) Time for silence is beneficial to prayer. Be attentive to saying when the silence or reflection will begin and end, and who is responsible for bringing the group back into dialogue.
- 6) Recommend that participants close their eyes and practice breathing techniques to bring them into a peace-filled pause or time of silence.
- 7) Allow time for a moment of silence in between sharings.
- 8) Consider having the prayer before and after the dialogue, in which the sharing becomes "contained" within the prayer.
- 9) Music is a wonderful added feature, but make sure the song can be understood well by the group using good speakers and microphones. Having lyrics available assists such clarity.