



Taize Prayer

From time to time, our parish community comes together for Taize Prayer. An ecumenical prayer form, meditative in nature, Taize prayer is a mixture of repetitive chants, Scripture readings, short spoken prayers, and periods of silence.

Participating in Taize Prayer provides an oasis of peace, a place to "be still and know the I am God." Its hallmarks are stillness and simplicity.

This form of prayer originated in the Taize Community in France, which is made up of over 100 brothers, Catholics and Protestants from over 30 nations, founded by Brother Roger in the 1940s. The community is devoted to prayer, and lives a parable of reconciliation within the church and the human family. They welcome as many as 7,000 visitors a week, primarily young people, who join them for prayer. Today, faith communities on every continent hold Taize prayer services.

Taize prayer, with its repetition and silence, allows us to slow down, to stop concentrating on what we should do, and to just be - to be in the presence of God.

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Repetition is not a new aspect of prayer unique to Taize. The Jesus Prayer and the rosary are but two examples of well-loved prayers in which repetition is key to the practice. In Taize, the repetition takes place in song, where biblical texts are set to music and chanted by the whole community, with the flow and

movement of the words and the simple harmonies all serving to carry the individual into a deeper place of communion with God and the community.

Silence, too, is essential to this particular practice of prayer. So is an unhurried pace, and time to reflect.

Quiet the mind, open the heart, feed the soul.

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