



**Sr. Kathryn Ann Kobelinski, SSND:**

In the mid 80's I was introduced to a new form of prayer. It was centering prayer. Shortly after that, I was encouraged to become a presenter of the prayer. A small group of us began introducing the prayer and encouraging people to do it individually and in small groups.

A small group thought of ways to expand the experience, which included weekend retreats, days of enrichment, and the International United in Prayer day. It was during this time, I found the other form of prayer called Lectio Divina (Praying the Scriptures). This form of prayer attracted me. Centering Prayer and Lectio Divina established a rhythm for my prayer life.

As I continue to give service to COSEW, the Prayer of Lectio Divina excites me as I realize I receive a gift each time and the Lord says to me "unpack the gift" which when done continues my process of transformation. All of humanity is invited to experience the process of transformation.