

## Lectio divina

The “**lectio divina**” consists of the following steps: **lectio, meditatio, oratio or contemplatio**. The ***Lectio*** step is the moment when a page of the Old or New Testament is read and read again to focus the basic elements. The ***Meditatio*** step means reflecting on the values of the text, mainly on permanent values. The ***Contemplatio*** step leads to the specific Christian prayer that is “**in spirit and in truth**”. **It is the passage from considering values to worshipping the person of Jesus.**

We meet to read and comment the Readings of the subsequent Sunday’s Mass. Meetings are held at Rettoria’s on Friday at 7:00 pm