

Women's Alliance Program Report: Reflections on Prayer

January 15, 2026

At the January Women's Alliance gathering on January 15, Rev. Jennifer offered a thoughtful reflection on prayer—what it can mean and how it can be practiced within a Unitarian Universalist context.

She invited participants to think of prayer not as a rote obligation but as intention, attention, and connection. Prayer, she suggested, does not require belief in a particular deity; it can be a way of naming hopes, acknowledging what we carry, or opening ourselves to compassion and clarity.

Drawing on her experiences in ministry and chaplaincy, Rev. Jennifer shared stories of prayer offered across many faith traditions, emphasizing that prayer is often less about changing outcomes and more about being fully present with ourselves and others.

She referenced *Conversations with the Sacred: A Collection of Prayers*, a diverse anthology she co-edited, which offers many entry points for those who may not resonate with traditional prayer language.

Rev. Jennifer introduced accessible practices such as prayer journaling, prayer beads, and creating small personal altars, encouraging participants to explore what forms of prayer feel meaningful to them. She closed by reminding the group that prayer—however we understand it—can be a sustaining practice in challenging times.