

# Companions in Grace

... a morning in stillness

You are invited to a silent morning in contemplation and prayer with others. Our morning will include periods of sitting in silence along with contemplative walking between sitting periods. The spaciousness of silence is open to all forms of silent prayer and meditation. For those who are new to this practice, brief orientation and instruction will be offered in the method of Centering Prayer, which has its roots in the early Christian contemplative tradition.

Contact Dale Webb (707) 694-1610 or Carla Holt (831) 588-2143

**Saturdays 9:00 a.m. – 11:15 a.m.**

May 5, June 2, July 7, August 4,  
September 1, October 6, November 3, December 1

First Congregational UCC, 2000 Humboldt Street, Santa Rosa

All are welcome!



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