



Prayer & Meditation Gatherings



Centering Prayer Groups

Mondays, 12 noon – 12:45 p.m. (not meeting September 4)

Thursdays, 5:30 – 6:00 p.m. (not meeting November 23)

A time of prayer and contemplation in which we practice a Christ-centered form of meditation. People on all silent meditation paths are welcome. Both beginners and experienced practitioners will find it supportive and deepening.

Meets in the Journey Center Prayer Chapel. Cost: Free.



Imaginative Prayer: Encountering Christ in the Gospels

Tuesdays, Noon – 1:00 p.m.

You are invited to encounter Christ in the stories of His life using the gift of your God-given imagination. This weekly gathering offers a guided prayer/meditation time in which the events of the life of Christ become present and personal, allowing us a direct experience of the love of God.

Meets at the Journey Center. Cost: Free.



Centering Prayer and Lectio Divina

Wednesday evenings, 6:30 p.m. – 8:00 p.m.

We begin with Centering Prayer, a method of silent prayer that opens and prepares us to experience God's presence and transforming love. Following Centering Prayer, we embrace the ancient art of praying the Scriptures known as Lectio Divina where we listen with the "ear of the heart" to nourish and deepen our relationship with the Holy One. Meets in the Journey Center Prayer Chapel. Cost: Free.



Sebastopol Contemplative Prayer/Meditation Group

Wednesdays, Noon – 1 p.m.

Centering Prayer uses silence as a doorway to enter God's presence. The Prayer of the Imagination offers guided prayer/meditation to encounter the holy through the heart, senses and emotions. Both forms of prayer invite us into a direct experience of God/Christ/the Sacred. *Meets at Sebastopol United Methodist Church (across from Safeway) in the sanctuary in partnership with the Journey Center. Cost: Free.*

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