

PRAYER & MEDITATION GATHERINGS



Centering Prayer

Mondays, 12 noon – 12:45 p.m.

(not meeting May 28)

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. **Journey Center Prayer Chapel. Free.**

Imaginative Prayer: Encountering Christ in the Gospels

Tuesdays, Noon – 1:00 p.m.

Encounter Christ in the stories of His life using your God-given imagination. This 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. **Journey Center Prayer Chapel. 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. **Sebastopol United Methodist Church (across from Safeway) sanctuary. Free.**

Centering Prayer & Lectio Divina

Wednesdays, 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. **Journey Center Prayer Chapel. Free.**

Centering Prayer

Thursdays, 5:30 – 6:00 p.m.

A time of prayer and contemplation in which we practice a Christ-centered form of meditation. Both beginners and experienced practitioners will find it supportive and deepening. **Journey Center Prayer Chapel. Free.**

A Quiet Place for Lectio Divina

Fridays, noon - 1:00 p.m.

Following this Christ-centered form of meditation, we embrace the ancient art of praying the Scriptures known as Lectio Divina. In Lectio Divina, we listen with the "ear of the heart" with the aim of nourishing and deepening our relationship with the Holy One. **Journey Center Main room. Free.**

Companions in Grace . . .

A morning in silence

First Saturday of month, 9:00 a.m. - 1:15 p.m.

Join us for a morning of silent meditation and centering prayer. **First Congregational United Church of Christ, Friendship Hall, 2000 Humboldt Street, Santa Rosa. Free.**



ENCOUNTER GOD • BE RENEWED

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Everyone Welcome

Workshops • Retreats • Art Gallery • Spiritual Direction

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