

PRAYER AND MEDITATION GATHERINGS



MONDAY **Centering Prayer**
Mondays, 12 noon – 12:45 p.m. (not meeting December 25; January 1, 15; February 19)
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.**

TUESDAY **Imaginative Prayer: Encountering Christ in the Gospels**
Tuesdays, Noon – 1:00 p.m. (not meeting December 26)
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.**

WEDNESDAY **Sebastopol Contemplative Prayer/Meditation Group**
Wednesdays, Noon – 1 p.m. (not meeting December 20, 27)
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.**

WEDNESDAY **Centering Prayer and Lectio Divina**
Wednesday evenings, 6:30 p.m. – 8:00 p.m. (not meeting December 20, 27)
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.**

THURSDAY **Centering Prayer**
Thursdays, 5:30 – 6:00 p.m. (not meeting November 23, December 21, 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.**

FRIDAY **A Quiet Place for Lectio Divina**
Fridays, noon - 1:00 p.m. (not meeting November 24; December 22, 29)
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.**

Journey Center, 1601 Fourth Street, Santa Rosa
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