

Lent

Enriching your prayer during Lent



Monday Mornings 10- 11am, March 10 - April 7
Presenters: Local Clergy | Facilitator: Bob Howlett

Lent offers an opportunity for growth and reflection. We invite you to share your Lenten preparations for Easter with us as you are guided through the season using various prayer forms:

Lectio Divina, with seasonal Scripture readings

Centering Prayer, silence helping calm the busyness of life and creating the environment to hear God more clearly

Examen, deepening awareness of God's presence and blessings

Meditation, inviting one into the story of scripture

Dialogue Prayer, leading to a two-way conversation with God

These guided prayer experiences will enrich your Lenten journey and bring new measures of Easter joy to the process. We hope to support the ongoing practice of prayer in your life, putting you into closer daily contact with God. These five Monday morning sessions will be held at the Center for Spiritual Care March 10, 17, 24, 31 and April 7. There is no charge for this program (free will offerings are always welcome) but registration is required. Participants are asked to bring a notebook and pen.

Return the portion below to the Center for Spiritual Care; or email centerspiritualcare@gmail.com

Name _____ Phone _____

Street Address _____

City _____ State _____ Zip _____

Email _____

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772-567-1233 or www.centerforspiritualcare.org