

MEDITATION

A Way of Christian Prayer

What does sitting in silence have to do with our work in the world?

How does a vital inner spiritual life and practice call us into deeper relationship with others?

MEDITATION TEACHING

Thursdays, September 29, October 13 and 27, November 10, 7-9pm

Cost: \$75

Explore meditation as a way of prayer, its roots in the Christian tradition, the practice of meditation, and its power to compel us beyond our place of prayer to compassionate action in the world. Each session includes presentation, discussion, and meditation together.

TIMES OF PRAYER

Tuesday Evenings, September 6 to December 20, 7-7:40pm

No cost

Meditating together supports our personal practice. On the first Tuesday of each month, following meditation, there will be a short introduction to Christian meditation. Registration is not required and sessions are free of charge.

CONTEMPLATIVE EVENINGS

Wednesdays, October 5, November 9, December 7, 7-8:30pm

No cost

Come experience a quiet contemplative evening that will move seamlessly between teachings from the Christian mystical tradition and silence. The evening ends with a short discussion about the teachings and experience.

ADVENT DAY OF CONTEMPLATIVE PRAYER

Saturday, December 10, 8:30am-3:15pm

Cost: \$40 (includes lunch)

On this day, a pattern of sitting and walking meditations, teachings, mindful movements, and chanting will offer an experience of prayer and silence.



Facilitators: Deborah Chernick, a CSJ Consociate, and Susan Oeffling, CSJ. Both have studied and practiced meditation for many years and participated in a World Community for Christian Meditation Workshop on the Essential Teachings of John Main, OSB.

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