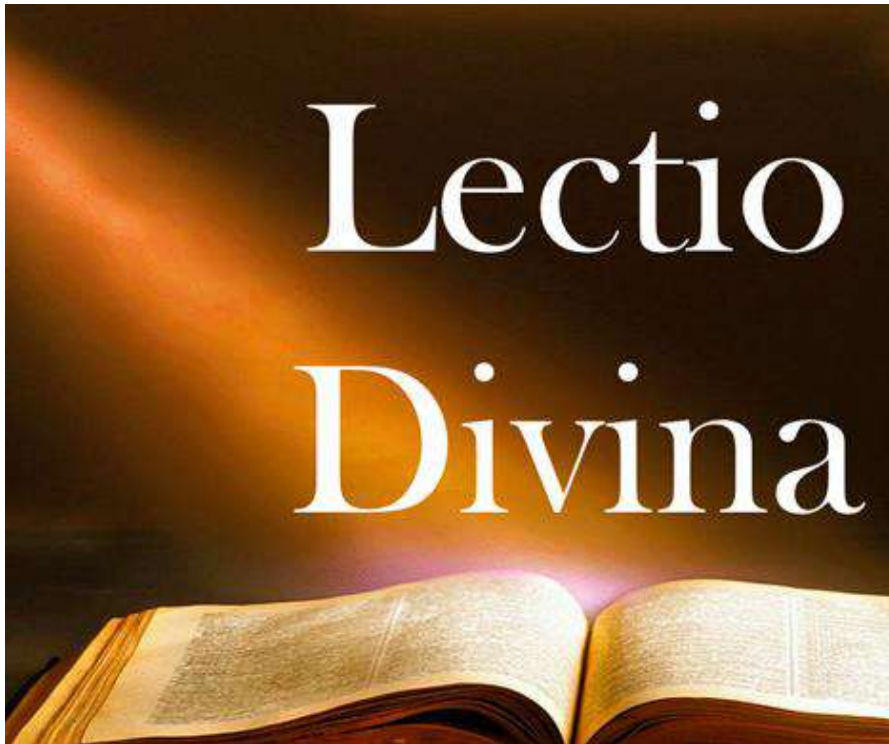


Mindfulness Meditation



Prayer is not asking. It is a longing of the soul. And so, it is better in prayer to have a heart without words than words without a heart. — GANDHI

Mindfulness has become a significant part of society's emotional and social wellness. It claims to decrease blood pressure, decrease heart rate, and decrease stress. For Christians, we consider it to be one way we listen for God speaking to us, speaking to us in the quiet of our hearts.

Please join me for a three week introduction to Lectio Divina , one of the many ways we can invite the Holy Spirit into our souls and hear what God is saying to us. The first theme will be *Gratitude*. No experience is necessary. Lots of questions and doubts and busy lives are welcomed.

Tuesday January 25-February 8, 2022

7:00pm-8:00pm

To register, please send an email to Cathy Gibbs
(adultministries@christchurchdeerpark.org)