

AN HOUR OF *Soul Cave*

September 25th
12-1pm EST
Via Zoom

Calling clergy to a Noon time to pause and be invited into a guided meditation and contemplative practice of breath. Give yourself an hour to step away from divisive conversations, polarizing statements, stirring newsfeeds and intentionally pause and receive gentle nourishment from the Holy Spirit. Make this hour a choice to sit, breathe and feed your soul. Rev. Sandra Dorsainvil will lead a guided meditation and time of silence.



To Register:

Email Erin at
admin@ccdmin.org
by September 22nd

