

Advent: Wait and Watch

An afternoon & evening of contemplatives practices,
an ecumenical gathering, an occasion to be still...

Sponsored by: Ecumenical Institute for Ministry
Saturday, December 1 from 3 - 8:30 pm
Covenant Presbyterian, 9315 Candelaria Rd NE, ABQ



*Three prayerful options,
a simple meal, and
Taize worship*



In our restless
world, distractions are
omnipresent, but inner quiet
allows us to encounter and
be encountered by our God,
close at all times.

*How will you unfold
Advent?
Try a new approach of
silent expectation and
attentive presence.*

Learn to center through
contemplative prayer
Option 1: Centering Prayer



We are often in motion,
but frequently frazzled rather
than grounded and fruitful.
Explore how yoga can be
deeply contemplative,
allowing us to creatively hold
and harmonize tensions like
stillness & dynamic activity
and the already-but-not-yet
reality of Advent

Bring a mat or blanket,
be ready to breath and move
and greet the Holy One.
Option #2: Yoga

What words pound
in your mind?
What colors dance
before your eyes?

Simple paint
splatters with
soulful words
suggest Advent.
***You can create
your own path
into Advent.***

Bring watercolors and
journal; additional
supplies available.

Option #3:
Color & Words



*Come alone or with a friend. Meditate, stretch with
yoga, center in prayer or paint with words. There
will be two meditation times; three options for a
practice, a simple meal and a Taize Service to
conclude.*

Register at EIMNM.net
Cost: \$20 before 11/25; \$25 at door