

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 Taizé Service to conclude.

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