

Embodying Prayer - Saturday, March 16, 2019



St. Columba's Episcopal Church 9:00am to 1:00pm

Please use the street level entrance from Albemarle St (follow the sidewalk to the left side of the stairs). After you enter the building, sign in will be straight ahead. Street parking in the neighborhood near the church is available. We are also one block from the Tenley Metro station.

The program begins promptly at 9:00am
Coffee & Refreshments 8:30am to 9:00am
Books available for sale - cash or check only

Centering Prayer is a prayer of consent, a silent prayer of saying "yes" to God's will and unconditional love for us. However, in our busy lives, letting go can be challenging. Prayer that involves our whole selves--body, mind, and spirit--can promote the process. Modern Day Mystic and Episcopalian priest Cynthia Bourgeault has written that the labyrinth and sacred dance are two "profound tools from the Wisdom tradition."

The March 16th program will bring together these three practices. We will begin with Centering Prayer, then carry the silence into a walking meditation on the Labyrinth, and finally in deepening silence, move together in simple patterns of Sacred Circle Dance. The steps are easy to follow and gentle; all are welcome.

Co-sponsored by St Columba's Centering Prayer Groups and the Labyrinth Ministry and Contemplative Outreach of Maryland and Washington (COMW).

**Led by COMW Leadership Team Members Suzi Kindervatter, Kathleen Blank Riether,
Benedicte Vibe Christensen.**

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