

Prayer Labyrinth (Multi-generational) – Clyde Stanfield, leader

Walking the labyrinth has been a practice of contemplative Christians since the middle ages. St. John's is pleased to offer the experience using our prayer labyrinth. Make this experience part of your Holy Week journey. Our outdoor labyrinth, located on the East side of the church, is available for use 24/7.

Playing in the Dirt – Laura Mortimer and Pam Behr, leaders

Experience how planting and watching flowers grow can make you more aware of the wonders God provides for us every day.

Making Prayer Beads – Dara Bell, leader

Information will be provided on symbolism, uses, history and styles of prayer beads and you will get the opportunity to create your own. Beads will be provided and you can also bring any beads or charms that have special meaning to you.

Self-guided Prayer Practices

From the centuries-old practices of the Divine Offices, Lectio Divina, the Ignatian Examen, and Breath Prayers to creative multisensory activities to deepen our prayer lives, come gather some resources and suggestions of ways to add dimension and variety to our connection with God.

Ramp Project (8 a.m. - 2 p.m. off-site), Doug Rowley, leader

Join Doug Rowley and crew as they build a ramp for a disabled or elderly person who can't afford to buy one allowing these folks easier access in and out of their homes.

Other Items of Interest

FEE:

- Adults -\$20
- Children (3-12) - \$10 if accompanied by a parent or grandparent, \$15 without a parent or grandparent
- Children (2 and under) - \$5 - parent or grandparent must be on-site and reservations are required

This fee includes lunch, snacks and materials. **The deadline for registration is Sunday, February 24.** Please don't let the cost of the event keep you from attending. Scholarships are available. Indicate your desire for a scholarship on the registration form.

Checks should be made payable to St. John's UMC. You can drop off your registration form and fee at the Hospitality Centers on Sunday, at the church office during the week or by sending the registration form and fee to:

Prayer Retreat
St. John's UMC
2626 Arizona NE
Albuquerque, NM 87110

QUESTIONS? Please call Donna Bruce at 883-1373 or e-mail at donnabruce@comcast.net or Barbara Stanfield at 275-8551 or email at barbarastanfield@comcast.net.

St. John's United Methodist Church
2626 Arizona NE
Albuquerque, NM 87110

505-883-9717

Adventures in Prayer: Nurturing Our Spiritual Lives

a multi-generational,
all-church prayer retreat!!



Saturday, March 2, 2019
8:00 a.m. – 2:00 p.m.

ST. JOHN'S UNITED METHODIST CHURCH
ALBUQUERQUE, NM 87110

I call on you, my God, for you will answer me; turn your ear to me and hear my prayer. Psalm 17:6

About the Prayer Retreat

"Our God loves us deeply and longs to be in a relationship in which we receive the spiritual and physical blessings he wants to give us."

Jim Cymbala from When God's People Pray

During this retreat, we will offer creative and meaningful ways to connect with God in the midst of daily life. There will be three classes during the day. On your registration form, please choose one of the options listed for each of the three classes. Doug Rowley and crew will also be constructing a ramp from 8 a.m. - 2 p.m. (off-site). He invites anyone interested in participating in this project to join him. Just mark the ramp project box on the registration form.

Retreat Schedule

8:00 - 8:30 a.m.	Check-in / Registration at Hospitality Center in the Narthex
8:30 - 9:00 a.m.	Morning Prayer Service in Sanctuary
9:00 - 9:15 a.m.	Break
9:15 - 10:15 a.m.	Class Session #1 (choose one of the following): Praying with Color (Multigenerational) You Want ME to Pray??? Prayer Through Movement Praying with John Wesley
10:15 a.m.	Break
10:30 - 11:30 a.m.	Class Session #2 (choose one of the following) Spiritual Types Using Prayer Beads in Prayer When Words Fall Short

11:30 a.m.

Lunch

12:15 p.m.

Mid-day Prayers in the Mediation Garden

12:45 p.m.

Break

1:00 - 2:00 p.m.

Class Session #3 - prayer activities (choose one of the following)

Prayer Labyrinth (Multi-generational)
Playing in the Dirt
Making Prayer Beads
Self-guided Prayer Practices

Class Descriptions

Praying With Color (Multi-generational) - Brandie Spletzer, leader

A different way to pray that's great if: 1) You want to pray but words escape you, 2) Sitting still and staying focused in prayer are a challenge, 3) *Your body wants to be part of your prayer*, 4) You want to just hang out with God but don't know how, 5) Listening to God feels like an impossible task, 6) Your mind wanders, 7) You want a visual, concrete way to pray, 8) *You need a new way to pray*.

You Want ME to Pray??? - Barbara Stanfield, leader

... one of his disciples said, "Lord, teach us to pray . . ." Luke 11:1

Do you panic if you think you might be asked to pray out loud or for an event? Learn some skills to develop competence, and maybe eventually confidence, in praying extemporaneously or for an event and practice with a partner or small group.

Prayer Through Movement – Kerry Tomberlin, leader

Prayer is more than an intellectual exercise - it is an embodied experience. Join Holy Yoga instructor Kerry Tomberlin for a gentle chair yoga class, using our bodies as a channel through which God can speak. No previous yoga experience or physical fitness level is necessary.

Praying with John Wesley – Clyde Stanfield, leader

Six focal points John Wesley considered to be crucial to daily prayer and how he used them.

Spiritual Types – Scott Sharp, leader

God has created each of us differently, with our own personalities and different things that motivate and drive us. Join us for a conversation about different spiritual types and how discovering more about ourselves can allow us to connect with God in a way that is meaningful and fruitful for us.

Using Prayer Beads in Prayer – Gina Rivera, leader

Do you desire spending quality time in meditation or contemplative prayers but find your mind wandering and jumping from one thought to the next, making concentrating on your prayer a challenge? Or have you begun to pray in quiet meditation and before long realize your mind has jumped to your grocery list? Come and see how using prayer beads can aid you in staying focused and growing into a more intimate prayer time.

When Words Fall Short – Melissa Madara, leader

Anger, fear, grief...there are times in all of our lives when we simply have no words to express and our emotions are messy and complicated. Join us for a conversation about prayer through the seasons in life when our words simply will not come.