



Shepherd of the Hills UMC Centering Prayer Ministry

LENTEN SILENT SATURDAY

April 6 † 8:30 a.m. to 2:00 pm

“So we, being many are one body in Christ, and all are parts of one another.”
Romans 12:5

Join us for a quiet day of prayer and reflection
Take time to just “be” in the presence

New to Centering Prayer? No experience required,
simply the desire to “Be still and know that I am God” Ps 46.10

Breathe in the Living Spirit of God with Centering Prayer,
journaling and walking a labyrinth. Holy Communion will be served.

\$25.00 donation includes breakfast & lunch. Register online:

www.sothumc.org,

email: jyamada@sothumc.org or call church office: 949 837-2941



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