

OPC Lenten Study, 2019

Join in an exploration of Spiritual Practices

Spiritual Practices to Listen for the Voice of God...
Keeping the Sabbath between Sundays

What is a Christian Spiritual Practice?

A daily Spiritual Practice establishes and provides us with a foundation upon which we can build a new perspective of life and our role in the experiences of life. A Daily Spiritual Practice deepens and expands the awareness of our connection to our Source (innervationsworldwide.com/daily-spiritual-practice). A spiritual practice is any regular and intentional activity that establishes, develops, and nourishes a personal relationship with the Divine in which we allow ourselves to be transformed (spiritualpractice.ca/what.what-2/).

Meeting times: Sundays, 11:30-1 PM, Seminary Church

- March 10 – Allyship and Activism as Spiritual Practice, Abby VanGorder, Griffin Barrington
- March 17 - Pilgrimage / Thin Places – Pastor Lawrence
- March 24 (labyrinth at OPC) – Walking the Labyrinth – Pat Gifford
- March 31 (labyrinth at OPC) – Meditation – Pastor Lawrence
- April 7 – Lectio Divina – Pastor Marc
- April 14 (Palm Sunday) – Caring for All Creation - Carla Blackmar Rice

Details: These will be informal sessions with lots of active group participation, suitable for mature middle schoolers and up. Childcare for younger children will be provided in the Memorial preschool and nursery areas. As it is over the lunch hour, please feel free to bring your lunch and eat it during the presentation. Beverages provided.

Shall we keep the theme going? Several additional people let me know they “may” want to present on a Spiritual Practice. We want everyone to be included so will extend this and call it Lent and Beyond if more folks contact me—so feel free to let me know if you want to present a topic! We’ll keep it going for as many weeks as we have people!

Questions? Contact Jenny Bailer, 255-6973, jbailer006@gmail.com to reserve your date and topic.

Join in and learn about Christian Spiritual Practices to deepen faith.