

# Contemplative Prayer



Thursday evenings at 7pm and 9am the second Saturday of each month, novice and seasoned sitters alike gather for a time of silent meditation.

Rooted in mysticism both Christian and beyond, as well as in Zen meditation, this program invites participants into stillness to settle into the ground of their being.

Join us in-person or on Zoom for a reflection, chants, and silent and walking meditations. All are welcome.

For more information, sign up for our weekly email:

[www.tinyurl.com/ContemplativePrayerList](http://www.tinyurl.com/ContemplativePrayerList)



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