



### **An Opportunity to be in Prayer with Members of Our Community**

There is a long history of contemplatives around the world, “gathering” in spirit, from wherever they may be, to pray in solidarity and communion with one another.

[Download this guide from Contemplative Outreach](#) as a way to get oriented to the practice, and then sit in prayer with us, for however long works for you, starting at 7:00 pm on Tuesday nights. As you sit in silence, know that you are not alone. Know that you are beloved. Know that you are surrounded by a cloud of witnesses giving thanks for your practice of prayer.