



# FALL 2025 LAY-LED MEDITATION *and* COMPLINE

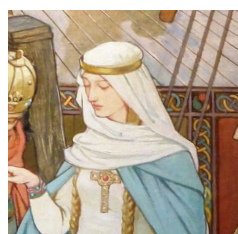
Take time to pause, breathe, and seek God's presence through a series of a lay-led sessions that include short presentations, quiet meditation, and Compline service. All will be held on Wednesday evenings (per the schedule below), beginning at 7:30 pm in St. Mary's Chapel. Presentations will focus on topics relevant to our prayer lives and will acknowledge the season's commemorations of the following saints:



**SEPT. 17**

## **Hildegard of Bingen**

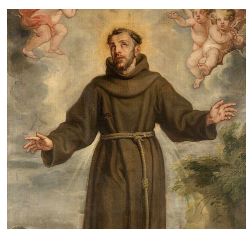
12th c. German Benedictine abbess and polymath. Active as a writer, composer, philosopher, mystic, visionary, and medical writer and practitioner.



**NOV. 19**

## **Queen Margaret of Scotland**

11th c. English princess who became Queen of Scots and was known for her piety, charity, and efforts to reform the Church in Scotland. Revered for her compassionate leadership and dedication to the poor.



**OCT. 1**

## **Francis of Assisi**

13th c. Italian mystic and Catholic friar. Founded the religious order of the Franciscans. Known for his devotion to the poor and patronage of animals and the environment.



**DEC. 3 (sung Compline)**

## **Francis Xavier**

16th c. co-founder of the Society of Jesus and a pioneering Jesuit missionary. We'll explore his tireless journeys and profound dedication to spreading Christianity across Asia.



**OCT. 15**

## **Teresa of Avila**

16th c. Carmelite nun and prominent Spanish mystic. Central figure of a movement toward spiritual and monastic renewal. A patron saint of Washington, DC.



**DEC. 10 (sung Compline)**

## **Jane de Chantal**

17th c. co-founder of the Order of the Visitation of Holy Mary. Patron Saint of Forgotten People. Known for her compassionate care for the sick and poor, and her patronage of those forgotten by society.



**NOV. 5**

## **Richard Hooker**

16th c. Anglican priest. The Anglican Communion's first, and among its most important, theologians. His writings provided a foundational defense of the Church of England's governance and worship.



**DEC. 17 (sung Compline)**

## **John of the Cross**

16th c. Spanish mystic, Carmelite friar, and poet. His profound spiritual writings, like "Dark Night of the Soul," offer guidance on the journey towards union with God.