

# Embracing Lent *One Breath at a Time* Binkley Baptist Church Lenten Kick-Off Wednesday, February 27<sup>th</sup>, 6:00 p.m.

→ For six weeks, starting on Wednesday evening, February 27th, we'll dig deeply into *One Breath at a Time: A Skeptic's Guide to Christian Meditation*, a book that reframes meditation for skeptics, novices, experts, and everyone in between. Using scripture, theology, and examples from the early church to make room for a new experience of ancient practices of meditation: breath meditation, *Lectio Divina*, centering meditation, loving-kindness meditation, and devotional meditation. Our approach will be practical and experiential. The series is led by the book's author, Binkley's own **Dana Trent**. See pp. 8-10 for more info.

February 27

*One Breath at a Time: A Skeptic's Guide to Christian Meditation*

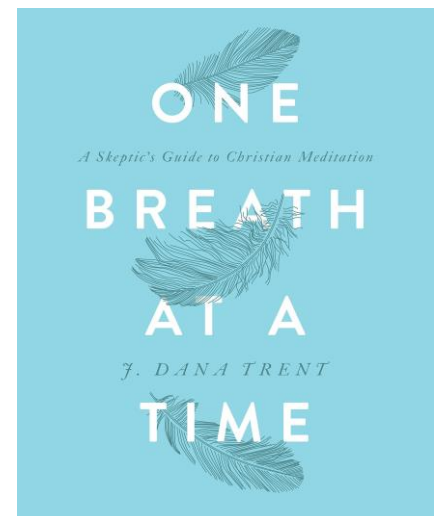


Each program is preceded by dinner beginning at 5:30 pm in the Fellowship Hall. Dinner is \$7 for adults, \$4 for children. Reservations are required. [Contact the church office](#) the Monday prior to the event to make your reservation.

Theologian and *New York Times Best-Seller* author **Barbara Brown Taylor** calls *One Breath at a Time: A Skeptic's Guide to Christian Meditation* by J. Dana Trent a "very clear and completely do-able invitation to be still with God for a few moments each day." **Taylor adds:** "Whether you are new to meditation, lapsed in your practice, or simply curious, you have found the right teacher."

Learn more about the Binkley Lenten series and *One Breath* book [here](#).

The Rev. J. Dana Trent is a graduate of Duke Divinity School and professor of World Religions and Critical Thinking at Wake Tech Community College. An ordained Baptist minister and former hospital chaplain, she has been featured on [Time.com](#), [Religion News Service](#), [Religion Dispatches](#), as well as in [Sojourners](#) and [The Christian Century](#). Dana is also the award-winning author of books on wholistic wellness and multi-faith spiritual practices: [One Breath at a Time: A Skeptic's Guide to Christian Meditation](#), [For Sabbath's Sake: Embracing Your Need for Rest, Worship, and Community](#), and [Saffron Cross: The Unlikely Story of How a Christian Minister Married a Hindu Monk](#).



[RSVP here](#)

Questions? Email Dana at [dana@jdanatrent.com](mailto:dana@jdanatrent.com)