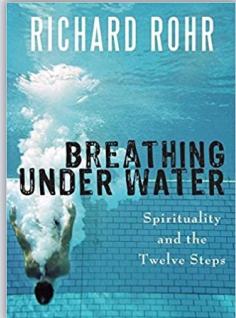




Breathe on us, breath of God

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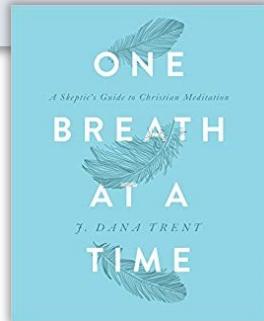
March 13-
April 17

Noon, Lounge

Led by Marcus, Dale, and
Stephanie

Breathing under Water: Spirituality and the Twelve Steps. Join us, as you are able, for a Lenten noonday group led by pastors Marcus McFaul, Dale Osborne, and Stephanie Ford. The book, *Breathing Under Water*, by the innovative spiritual writer Richard Rohr, serves as a basis for the group. Every week, one of the pastors will consider two of the steps of Alcoholics Anonymous. The invitation is to let go of egoic attachments and step into freedom and wholeness. Richard Rohr often says, "We do not think ourselves into new ways of being; we live ourselves into new ways of thinking." Contemplative practice and spiritual wisdom join with time-tested steps to rewire our habitual patterns and guide us to deeper joy and freedom. Bring your lunch (if you wish) and revive your spirit.

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**. *Books available for purchase through the Binkley office and at each event while supplies last.* Cost is \$10.50. See March newsletter for more info.



Feb. 27-
April 10

5:30 pm, Fellowship Hall
Led by Dana Trent

OTHER LENTEN OFFERINGS

Prayer: Pathways and Obstacles

"So much of prayer is like this: an encounter with a truth that has sunk to the bottom of the heart, that wants to be found, wants to be spoken, wants to be elevated into the realm of sacredness." — Sue Monk Kidd

Like the word "love," prayer takes many forms, and grows and changes over our lives. There are times when the pathway seems clear, when prayer comes naturally; there are also times of dryness, when obstacles appear on the path. And then there are the big questions: *How does a prayer for someone else work? Who is it, really, that I am praying to? Am I just talking to myself? How do I live with the possibility of an 'unanswered' prayer?*

Join **Meredith Bratcher and Stephanie Ford** for a 5-week exploration of prayer, both as practice and as a theological/spiritual journey. Our first meeting will be after Worship on **Sunday, March 10, 12:45 (or thereabouts). A light lunch included.** You'll have the opportunity to hear about the class, ask questions, and see if it would be a good fit in your life now. At that first meeting, we'll decide together on a regular 1.5 hour meeting time that works weekly going forward (which may or may not be on Sundays).

