

Listening for God in our Lives

An introduction to Christian traditions and prayers for experiencing the quiet presence of God in our lives through scripture, our daily activities, and in our heart.

In fifteen meetings we will be introduced to:

- **Lectio Divina – listening for God in scripture reading**
in five meetings beginning October 15th
- **St Ignatius' daily Examen – noticing God in our daily activities**
in four meetings beginning November 10th
- **Companioned Prayer – finding God in our hearts**
in five meetings beginning December 1st

You are invited to pause and notice the quiet grace-filled presence of God in our lives. It is something easily missed in our busyness. Come and discover being quietly nourished by Christ's grace and blessings within you. Discover how this may enliven your living faith, growing in His love.

In each online video meeting we will open our hearts and our faith experience as we get to know each other and these wonderful prayer practices. We will meet twice a week on Tuesdays and Thursdays at 2:00 PM. There will be a one week break the first week of November (vote!) and another break for Thanksgiving week.

Please sign up now for a faith-filled, lively interactive video experience!

New to video? Don't worry, we will do some personal video setup and testing with each person before the program starts.

To sign up, call or email Bill Stobbe at (916) 505-3800,
bstobbe@companionedprayer.org

Sign up now!



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