

Creating Space for God: Prayer Life 101

A Lenten Series at St. Clement's Anglican

Lent is a season to deepen our relationship with God. This series will teach a few traditional Christian spiritual practices suitable for contemporary life. Leader: The Rev. Dr. Lynne McNaughton

Each individual session is self-contained, so you may choose what works for you. Some practices are offered afternoon and evening to accommodate different schedules. Come to one or several.
(see over for more details on programme)

Developing my “Rule of Life”

Thursday, Feb. 18. 7:15 to 9:15 p.m.

Contemplative Prayer

Monday, Feb. 22 7:15 to 9:15 p.m.

Practicing Gratitude

Tuesday, Feb. 23 2:00 to 4:00 p.m.

Praying with My Children Childcare provided.

Saturday, Feb. 27 4:00 to 5:30 p.m.. Pot-luck supper at 5:30

Practicing Gratitude

Tuesday, March 2. 7:15 to 9:15 p.m.

Spiritual Friendship –led by Elizabeth Mathers and Julie Boardman

Thursday, March 18 7:15 to 9:15 p.m.

The Practice of Praying Scripture

Wednesday, March 24. 1:00 to 3:00 p.m. (with Senior Link)

Keeping Sabbath time

Thursday, March 25 7:15 to 9:15 p.m.

The Practice of Praying Scripture

Monday, March 29 7:15 – 8:45 followed by Compline (Holy Week)

CREATING SPACE FOR GOD
St. Clement's Anglican Church
Lent 2010

Facilitator: The Rev. Dr. Lynne McNaughton
Each session is self-contained; You may come to one or several.

Developing my "Rule of Life" Thursday, Feb. 18. 7:15 to 9:15 p.m.

A "rule of life" is a guideline of elements needed for a healthy, growing relationship with God. To respond as a disciple of Christ, what spiritual practices can I realistically fit in my life? We will examine several traditional templates and develop our own custom-made "rule of life". A great way to begin Lent!

Contemplative Prayer Monday, Feb. 22 7:15 to 9:15 p.m

An introduction to what is sometimes called "Centering Prayer" or "the Jesus Prayer".

Practicing Gratitude

Tuesday, Feb. 23 2:00 to 4:00 p.m. or Tuesday, March 2. 7:15 to 9:15 p.m.

Prayer begins with the subversive and countercultural practice of giving thanks in all things!

Praying with My Children Childcare provided.

Saturday, Feb. 27 4:00 to 5:30 p.m.. Pot-luck supper at 5:30

At our children's baptism we promise to nurture our child's faith. This session gives some practical ideas and resources.

Spiritual Friendship -led by Elizabeth Mathers and Julie Boardman

Thursday, March 18 7:15 to 9:15 p.m.

How do we develop the art of accompanying one another in our spiritual journeys?

The Practice of Praying Scripture

Wednesday, March 24. 1:00 to 3:00 p.m. (with Senior Link)

or Monday, March 29 7:15 – 8:45 followed by Compline (Holy Week)

An introduction to the ancient Christian practice of "Holy Reading".

Keeping Sabbath time

Thursday, March 25 7:15 to 9:15 p.m.

In our over-busy consumer culture, how do we live out the biblical concept of Sabbath rest?