

Bethany House of Prayer
Contemplative Evening Practice
Fall 2018
2nd and 4th Tuesdays, from 7:00pm – 8:30pm

Dates and Themes

This fall, we will be drawing upon the teachings of James Finley in his book *Christian Meditation: Experiencing the Presence of God*. All are invited to read this book to complement our Tuesday gatherings, however it is not required in order to attend any of the sessions.

September 11: Present, Open, and Awake

September 25: Sit Still

October 9: Sit Straight

October 23: Breathing

November 13: Eyes Closed or Lowered

November 27: Walking Meditation

December 11: Compassion

Looking for more guidance: On the 4th Tuesday of each month, someone will be available for questions and conversation on meditation and contemplative practice from 6:30-6:55 pm. (Sept 25, Oct 23, Nov 13)

Evening Schedule:

7:00 - 7:10 Welcome and opening prayer

7:10 - 7:40 Guided meditation

7:40 - 7:45 Break

7:45 - 8:05 Reflection by facilitator

8:05 - 8:25 Group reflection and discussion

8:25 - 8:30 Closing Prayer and Announcements