



RESOLVE TO ENRICH YOUR SPIRITUAL PRACTICE WITH CONTEMPLATIVE PRAYER

Join us for group contemplative prayer/meditation every Tuesday from 7-8pm at the Ignatian Spirituality Center (4801 N. 1st St). Contemplative prayer is a practical and meaningful way to awaken and deepen your spiritual life. It is the prayer of silence, the place where direct contact with God can occur, once the never ceasing activity of the mind has been stilled. Whether a beginner or expert, a group meditation session provides a powerful way to start or continue your meditation practice and slow down from the fast, hectic pace of life.

Initial instruction is provided for newcomers. Join us every Tuesday from 7-8pm with introduction to contemplative prayer for 20-25 minutes and meditation for 20 minutes. No charge.

Sponsored by the Ministry of Mothers Sharing (men and women are welcome), guided by the Cornerstone Center (www.cornerstone-phx.org).

**Questions? Contact Kim Jacob at
momsministry@sfxphx.org**