

# Wednesday Evenings during Lent



.....Come rest awhile

The apostles rejoined Jesus and reported all they had done and taught. He said to them, "Come with me, by yourselves to a quiet place where you can rest quietly." So they went away by themselves in a boat to a solitary place.

Mark 6; v 30-32

## A Sampler of Contemplative Practices for our Spiritual Journey

6:00 p.m. Soup and (potluck) sandwiches

6:30 p.m. Program


8:00 p.m. Compline

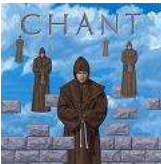
Our program begins on February 24<sup>th</sup> when  
Brother Thomas, Director of Associates from Mt. Calvary, will be with us.

2/24  Br. Thomas from Mt. Calvary shares "*Blessings of Monastic Spirituality for Lay People*"

3/03  Taize Chant

3/10  Centering Prayer

3/17  Lectio Divina (*Prayerful reading of the Bible*)

3/24  Chanting the Psalms (led by Ruben Valenzuela)

Please contact Anne Page (858 755 1616) to secure childcare.  
Please contact Mother Paige if you would like to help with set-up or soup!