



## **Just Breathe: Contemplation at Good Shepherd**

Wow. The New Year is here: 2017...a prime number!  
Thinking about returning to normalcy after the usual holiday excess? Longing for some quiet after all the overstimulation? Tired of the usual resolutions? Try something different. Stop, relax, breathe...and invite God to sit with you.

Contemplation has been a Christian Tradition for nearly 2000 years. No special skills are required. No diplomas are granted. No badges are earned. And, although it can be done alone, many find it helpful to sit with others.

Contemplative practices (such as centering prayer, meditation, the Jesus prayer) ask that we slow down enough to catch up with ourselves. Rather than talk, we listen. Rather than seek, we observe. Rather than do, we simply rest ... in the loving presence of our Creator.

If you are new to meditation or contemplation, don't worry. All that is required is the ability to breathe! Gatherings will take place at Good Shepherd on Wednesdays from 7PM to 7:45PM on the following dates:

January 11<sup>th</sup>

January 25<sup>th</sup>

February 8<sup>th</sup>

February 22<sup>nd</sup>

Please join us at Good Shepherd as we offer thanks for this precious gift.