



Anglican Parish of St. Mark and St. Philip: 1802-33 AVE. SW
 Meditation Schedule: FALL 2016

‘Refresh Yourself at the Well’

1st Tuesday in September and then 2nd and 4th Tuesday: from 7-8pm

Summary:

Please enter through the door on 17th Street and meet in the Baptistry, where Gregorian chants set the tone. After an opening prayer of thanksgiving, we will be guided by readings from scripture and questions for reflection. Centering exercises will prepare us for meditation. There is an opportunity to ‘speak from the silence’ in a supportive group environment and to offer prayers of petition and thanksgiving.

Schedule:

Sept	06	HANNAH AND HOPE
Oct	11	GRAFTING AND THE VINE
	25	ELIJAH’S MANTLE
Nov	08	SUPPORT DURING AFFLICTIONS
	22	PATIENCE

