



2nd Sunday Gatherings in 2019

February 10

March 10

April 14

May 5 (1st Sunday)

June 9

July 14

August 11

September 8

October 13

November 10

December 8



BREAD OF LIFE

1260 Fulton Avenue, Ste. A
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"Be still and know that I am God."

SILENT SUNDAY Centering Prayer

2nd Sunday of the month, 2:00-5:00 PM
beginning February 10, 2019

Cultivating practices that transform

Join us for a communal time of centering prayer, silence, and solitude.

Afternoon Schedule:

- Orientation - introductions - brief sharing - **Silence Begins**
- Two (20 minute) centering prayer sits with contemplative walk
- 30 minutes of personal quiet time for journaling, reading, and walking ...
- 30 minute centering prayer sit – **Silence Ends**
- Brief reflective sharing

RECOMMENDED: 6 months of centering prayer or meditation practice and experience with silence in community.

WHERE: Bread of Life, 1260 Fulton Avenue, Ste. A, Sacramento

SUGGESTED DONATION: \$10-20/session.

ADVANCE REGISTRATION REQUIRED - Enrollment limited to 15.

To register please contact Janice Boyd: jboydcp@gmail.com
or call (916) 370-8602.

Janice Boyd is a former Co-coordinator of the Sacramento/Stockton area chapter of Contemplative Outreach, has served at retreats, and facilitated centering prayer groups in the community and in prison. She is certified by Contemplative Outreach to teach the Method of Centering Prayer. One of her greatest joys is sharing the gift of silence and centering prayer. Please contact Janice to learn about the practice of centering prayer.