

Experiencing Lent 2010 in the Wednesday Group



"The Cup of Life"

Bring your 'favorite cup' and join us!

Six Wednesdays, beginning Feb. 17
(Ash Wednesday)

10:30 - 12:00 noon; Friendship Room



- Week 1 – Feb. 17: The Cup of My Life
- Week 2 – Feb. 24: A Container in God's Presence
- Week 3 – Mar. 3: The Vessel of Loving Energy
- Week 4 – Mar. 10: The Boundaries of the Cup
- Week 5 – Mar. 17: The Cup as My Teacher
- Week 6 – Mar. 24: The Cup that Needs to Be Filled

How can one simple, 'favorite' cup teach us so much? Amazing!



We will be learning and practicing all of the following:
the **breath prayer** (did you know it *lowers blood pressure?*);
journaling, which helps us *remember much more* than usual;
discovering a **word for the day**, which keeps us *centered*;
reading and learning **specific scriptures** *the make sense* for our time;
reflection on all of the above, which brings much *unity in our lives*.

So . . . find your favorite cup or mug

and plan to join us!



And, bring a friend (and his/her cup/mug!)

