

**A CONTEMPLATIVE LOUNGE:
NURTURING SILENCE IN OUR LIVES**

Saturday, October 12, 2019 8:30am - noon

Faith Lutheran Church, 10395 University Avenue in Clive, IA

**The trees, the flowers, the plants grow in silence.
The stars, the sun, the moon move in silence.
Silence gives us a new perspective.**

In life's rush, busyness, and noise, we may find ourselves yearning for the natural stillness that is our spiritual birthright. The morning's conversation will explore the deep and abiding qualities of silence which are foundational to meditation and mindful living. Topics will include beginning silence, cultivating silence, practicing silence, and sharing silence, the gifts of which can be liberating.

In addition, we'll consider questions such as:

- Where does resistance to silence comes from?
- What obstacles impede embracing this natural aspect of being?
- How may we introduce simple daily habits of silence?
- Why is silence essential to spiritual growth and consciousness?

A personal understanding of silence is essential to practices such as Centering Prayer and other forms of meditation, whether done individually or in a group. In silence, we begin to find a new center from which to live.

***Facilitator:* Kathy Reardon, Spiritual Director,
Des Moines Pastoral Counseling Center**

***Sign in and refreshments begin at 8:30.
Program from 9 AM – 12 Noon.***

***Cost:* A \$15 donation is suggested.**

***Questions:* Contact Kathy Reardon -
kreardon@dmpcc.org or 515-251-6660.**

