

You Are Invited to Contemplative Prayer

St. David's and St. Francis Dunellen are partnered to offer us multiple opportunities for Contemplative Prayer each month.

St. David's meets on the 1st and 3rd Monday of each month at 7 PM for a 15 minute sit.

<http://www.stdavidscranbury.com/events.html>

You can phone into St. David's Zoom by calling 1-646-876-9923, meeting ID 451 815-3355#, and when prompted for participant ID press #.

St. Francis' group meets every Wednesday at 1 PM for a 25 minute sit.

<https://www.stfrancisdunellen.org>

You can phone into St. Francis Zoom by calling 1-669-900-6833, meeting ID 595-854-4455 #, when prompted for participant ID press #, for password enter 2475689.

No experience with silent prayer or meditation is needed, just the desire to pray "the simplest form of prayer there is" (Cynthia Bourgeault), and at a time such as this, keeping it simple may be exactly what we need right now! We provide an introduction to contemplative prayer at the beginning of each session.

If you have any questions or would like to learn about contemplative prayer before joining us, contact Kate at 609-658-7315 or k_oconnor22@verizon.net
