

Awakening in Our Bodies and as Christ's Body Through Centering Prayer, Chant and Gesture

Led by Fr. Bill Sheehan, Allen Bourque and Hannah Lynn Mell

Saturday September 22, 2018

[St. Paul's Episcopal Church](#)

[Lynnfield, MA](#)

9:30 a.m. - 4:00 p.m.

Cultivating a more fully embodied spirituality has become an important and welcome focus recently. Yet the theme is not new in Christianity. An eloquent 11th century poem by St. Symeon the New Theologian begins, "We awaken in Christ's body as Christ awakens our bodies." Using this poem as a touchstone, we will cultivate awakening to our individual and group aliveness through Centering Prayer, Lectio Divina, and in-depth explorations of chant and gesture. Embodied movement may be done standing or sitting.

- Suggested donation: \$ 30.
- Pre-registration requested.
- Please bring your own lunch.
- Coffee, tea and water provided.
- Wear comfortable, loose clothing.

Register or questions: allen.bourque@gmail.com

Allen's website: <http://contemplativemovement.info>

Hannah's website: <https://www.totalresonance.com>

