

# Welcoming Lent

An afternoon & evening to empty and be filled,  
an ecumenical gathering for healing and wholeness...

**Sponsored by: Ecumenical Institute for Ministry**  
**Saturday, March 9 from 3 - 8:30 pm**  
**Covenant Presbyterian, 9315 Candelaria Rd NE, ABQ**



## Option #1: Contemplation

Silence is a rare experience in our busy lives. Lent offers us a time to return to the desert experience of self-emptying.

In this workshop we will explore the life giving practice of surrendering our lives to the loving Presence and Action of God that brings us back to Center. It is in this Heart place that we are present to ourselves and others.

*Three prayerful options,  
a simple meal, and  
Taize worship*



## Option #2 - Yoga

We'll explore yoga as a deeply contemplative framework and inner environment for the *kenosis* Lent invites —the self-emptying dying to self that serves a fuller participation in the Paschal mystery and resurrection life.

**Bring a mat or blanket** and be ready to engage your body and breath as a way of letting go into the deep, solid, healing Ground of Life.



## Option #3: A Journal for Lent

This workshop aims at creating a guide for your Lenten journey.

We will work in five different genre (free writing, critical review, poetry, visual expression and text associations) preparing you to follow these paths through each week of Lent. Empty your busy mind and remain open to God using this 5-path process.

The Journal you design will fit you.

**Materials will be provided, bring a pen!**



*Come alone or with a friend. Deepen your praying; stretch and calm your body; design a journal to guide you through Lent. There will be two sessions as a whole community; three workshop options; a simple meal and a Taize Service of Wholeness to conclude.*

**Register at [EIMNM.net](http://EIMNM.net)**

**Cost: \$20 before 03/01; \$25 at door**