

Centering Prayer Saturdays

With the need for physical distancing, the St Clement's Centering Prayer group has moved online for the time being. If you've never experienced silent prayer or meditation in an online group, we think you will find it a great way to pray in a group. Many people have shared that they feel the energy of the group and appreciate the convenience of praying from home. Please give it a try and see what it is like for you!

9:30 Gathering and check-ins

9:40 Psalm reading, then Centering Prayer

10:00 The Lord's Prayer

10:05 Brief individual sharing

10:25 Closing prayer and dismissal

The gathering will be hosted on the Zoom videoconferencing software. If you are new to Zoom, please read the information below for details. We look forward to seeing how we can support each other and create online community. We look forward to joining with you in prayer as an online community.

Saturdays

9:30-10:30am CDT

Register ahead of time to get the Zoom link for the program: <http://bit.ly/GetZoomLink>

Donations accepted.

For more information, contact Bill Epperly (info@integralawakenings.com)

Zoom Basics

You can use Zoom on your phone, laptop or desktop computer. For the best sound and video experience, install the free Zoom software. For the best experience, it is good to follow these guidelines:

- 1) Locate yourself where you will have privacy and fast internet
- 2) If possible, use a headset or earbuds (to decrease feedback & background noise)
- 3) Click the Zoom link 2-5 min before the program starts to give yourself time to figure it out the first time

If you have any trouble, please text or call Bill Epperly at 773.318.8963.