



A CONTEMPLATIVE COMMUNITY

Hosted by Old St. Patrick's Church

Online

ARE YOU LOOKING TO TRANSFORM YOUR HEART AND MIND THROUGH SPIRITUAL PRACTICE?

Join us to experience the enrichment and community that online contemplation can offer. From Monday to Saturday, our virtual chapel provides nine different opportunities for prayer and reflection.

Whether you choose to participate occasionally or regularly, have an established meditation practice or are just beginning, are affiliated with a church or are spiritual but not religious, you are welcome here.

Each chapel session includes a 20-minute period of silent meditation, a short reading for prayerful reflection, and an opportunity for simple faith sharing. Take a moment out of your day for a rendezvous with God in a hospitable and inclusive community.

There is no cost or obligation to participate. Simply complete a brief registration form. Once registered, you will receive an email with information on how to join any of our chapel sessions throughout the week. Feel free to come as often or as little as you like.

By sharing your contact information, you will also receive important updates about our contemplative community, including chapel themes, regular book discussions, trainings, and in-person days of prayer.

CHAPEL FOCUS: FALL 2024

Is it possible to live with greater equanimity, living our lives from a deeper and steadier current than the troubled and turbulent waters we find ourselves in? Can this deeper current power us to respond with courage, love and high-mindedness? This journey to the wellsprings of hope and the vision of response is a spiritual journey. Join us this fall as we pray with the mystical and prophetic voices of our Christian Tradition, finding hope and response in troubled times.



To register for the chapel, use [this link](#) or QR code.

CHAPEL SCHEDULE (CST)

Mon 7:00am Full Chapel

Mon 7:30pm 30-minute
guided Loving Kindness meditation

Tue 5:00pm Welcoming
Prayer Practice

Wed Noon Full Chapel

Wed 7:30pm Full Chapel

Thur 8:00am Full Chapel

Thur 5:00pm Welcoming
Prayer Practice

Fri 10:00am Full Chapel

Sat 7:00am Full Chapel

QUESTIONS?

Contact Al Gustafson at
alg@oldstpats.org

