

The following are the topics we will reflect upon together through Lent:

Who Are You?

- ✚ Hospitality & Discernment
- ✚ Healing & Contemplation
- ✚ Testimony & Diversity
- ✚ Justice & Worship
- ✚ Reflection & Beauty



+++++

Healing

The Christian practice of healing relates to harmony. It is a vision of spiritual, mental, and physical wholeness. Healing is often linked with hospitality in the form of tending to needs through acts of kindness and pastoral care.

Healing practices include: visiting the sick, prayer groups, healing prayer and touch, and seeking balance.

Reflect on this definition through the life and ministry of Grace United Church:

Contemplation

Christian contemplative practice invites people to listen to God, not just to pray for things. It is a call to put aside the frenzy of contemporary life.

It can be practiced individually, in small groups and as part of community worship. It can form part of meetings, Bible studies, pastoral care sessions, labyrinth walks, yoga classes and discernment groups.

Forms of prayer include centering, contemplative, meditative, healing, thanksgiving, knitting shawls, building Habitat for Humanity houses, and worship.