

So that we may better love, come and experience...

## A WOMEN'S CALL TO PRAYER

Monte Sano United Methodist Church

601 Monte Sano Boulevard

Huntsville, Alabama 35801

Saturday, February 13, 2016

10:00 a.m. – 2:00 p.m.

Prayer Practices Explored:

- centering prayer
- icon gazing
- mandala
- labyrinth
- yoga
- journaling
- guided meditation\*
- mindfulness
- Holy Communion\*\*
- silence
- intercession

\* Deborah Soule \*\* Ed Soule

For questions and to reserve lunch (cost \$5.00) contact Loye Pine.  
loye.pine@gmail.com or 256-536-5390

"...I bow my knees before the Father from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ which surpasses all knowledge, so that you may be filled with all the fullness of God."

Ephesians 3:14-19