



Fall/Winter 21-22 Schedule

November 3	Introduction to Sought Through Prayer and Meditation: A Practical Guide for People in Recovery
November 10	<u>Seven Types of Prayer</u> : Adoration and Praise p 20
November 17	Seven Types of Prayer: Thanksgiving p 21
November 24	<i>No Meeting</i>
December 1	Seven Types of Prayer: Penitence and Oblation p 21-22
December 8	Seven Types of Prayer: Intercession and Petition p 22
December 15	<u>Methods of Prayer and Meditation</u> : Praying with Music p 26
December 22	<i>A special Christmas reading</i>
<i>December 29</i>	<i>No meeting</i>
January 5	Methods of Prayer and Meditation: Praying a Daily Inventory p 28
January 12	Methods of Prayer and Meditation: Listening as Prayer p 30
January 19	Methods of Prayer and Meditation: Praying the Hours p 32
January 26	Methods of Prayer and Meditation: Centering Prayer p 34
February 2	Methods of Prayer and Meditation: Art as Prayer p 36
February 9	Methods of Prayer and Meditation: Circle Making p 38
February 16	Methods of Prayer and Meditation: Like St. Francis p 39
February 24	Methods of Prayer and Meditation: Discernment p 41
March 2	<i>An Ash Wednesday Prayer and Meditation Experience</i>
March 9	<u>A Lent Journey of Journaling</u> : Introduction p 49
March 16	A Lent Journey of Journaling: Step Work p 55
March 23	A Lent Journey of Journaling: Letters to God p 57
March 30	A Lent Journey of Journaling: Poetry p 60
April 6	A Lent Journey of Journaling:
April 13	<i>A Holy Week Experience</i>
After Easter	– Chapter 5: <u>Writing a Rule of Life</u>