

Early Morning Prayer Offering Via Zoom
Wednesdays 6am to 7am - Beginning July 31st, 2024
All are Welcome – Come as you are!



We will journey
with Thomas Keating' in a
4-week teaching....

Dates:
July 31st
August 7th ,14th ,21st

[The Divine Light] It is that light that is the source of the spiritual nature of our being. It is that light that dwells in us as our inmost spiritual nature and ... shows us exactly who we are and the true state of our relationship with God. ... The journey into the light, which is synonymous with the true self.. is to make ourselves aware of the height, length, breadth, and depth of the love of Christ in taking on our human nature." – Thomas Keating, Consenting to God As God Is

Morning Schedule

*5.45am Zoom Room opens with music
6am – 20 to 25 minutes Centering Prayer
Followed by: Video teaching [less than 10 minutes]
Holy Listening, Sacred Sharing
Zoom closes no later than 7am.*

**For further information, zoom link and to register your intention to attend,
please contact Christine: chris.kesans@gmail.com or 604-944-7447**

- You are Chosen.

*- In the becoming process of imitating God or of Christ or whatever the higher power is
for you, you begin to be those things
Video excerpts*