

8-week Welcoming Prayer Praxis via Zoom  
Wednesdays 6am to 7am  
October 16<sup>th</sup> to December 4<sup>th</sup>, 2024  
*All are Welcome – Come as you are!*



You are invited to an 8-week practice for learning, refreshing or deepening a Welcoming Prayer practice, an embodied practice of YES for everyday life. This consent-on-the-go prayer practice provides a means for moving deeper into trust and intimacy with the living God that Jesus experienced, the reality that we are not just with God, we are in God through Christ – each of us and all of us in every moment, in every experience. God is with us and loves us personally and uniquely, without exception.

[excerpt from the Welcoming Prayer 40-Day Praxis Booklet].

Morning Schedule

5.45am Zoom Room opens with music

6am – 20 minutes Centering Prayer

Video teaching from the Welcoming Prayer Service Team

Welcoming Prayer Practice

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](mailto:chris.kesans@gmail.com)  
or 604-944-7447