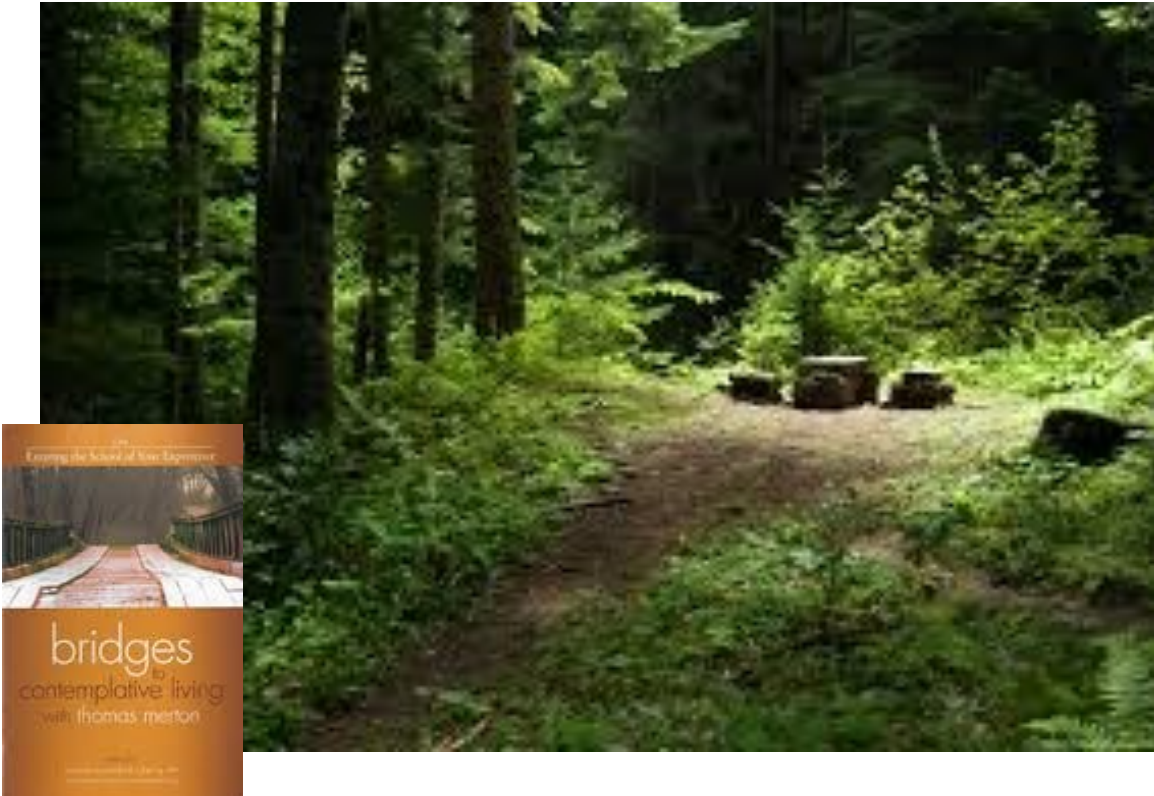


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# BRIDGES TO CONTEMPLATIVE LIVING

Sr. Chris Machado, SSS



Our Bridges group is moving into its seventh year! Based partly on the writings of Thomas Merton, this series gently leads participants on a journey towards personal spiritual transformation and a more contemplative, peace-filled life. Bridges fosters a proper relationship to God, self, others, and nature. Each session offers an introduction to Merton and contemplative living through prayer, readings from Merton and other spiritual masters, and questions for contemplative dialogue. You do not have to be a practitioner of contemplative prayer – just someone longing to live in a deeper and more enriching way. We are almost finished with the series and plan to begin again with Book One so this would be a great time to join the group! If you have any questions, feel free to call Sr. Chris at (818) 285-3354.

Suggested donation: \$5.00 per session.

**Wednesdays: January 22, February 26, March 26, April 23, May 28, June 25**

**10:00 am to 12:00 noon**