

# *Conscious Contact: A Time of Midweek Prayer & Meditation*

Wednesdays, 12:15 PM -12:45 PM  
at Bread of Life in the upstairs art gallery.

**ALL ARE WELCOME.**

In the middle of the week, in the middle of the day, we come together to improve our conscious contact with the God of our understanding who reaches out in love beyond our understanding.



We use prayers of the ages from The Twelve Step Prayer Book of Hazelden meditations and other resources to connect again with the Source of all life.

**HOW IT WORKS:** We begin with meditative music and a time of quiet. Then we enter the prayer of the day with related scripture, not to think about it, but to let it touch us.

We listen for the word or phrase that calls to us and reflect on how it speaks to our lives *today*. We close by inviting any who wish to tie a ribbon onto the prayer net. Prayers can be held in silence or named aloud.

A prayer journal for any who desire to receive or offer prayer concerns during the week is available in the room.