This is an opportunity to live spaciously and gracefully, while connecting with ourselves and others. We will develop spiritual practices (from the contemplative tradition) to ground our work of outreach and justice. Each session includes centering prayer, guided meditation, lectio divina (a sacred reading), dialogue, and the deepening of relationships.

Engaging Spirituality meets Tuesday evening (7:00-8:30 pm).

TO JOIN: Please email rsvp@marymagdalen.org or call the Parish Office (510) 526-4811 to sign up. Please sign up as soon as you know you are going to participate! This will help us form the groups and order materials. Thank you!

JustFaith Calendar: Small group sessions begin the week of February 1-5:

Tuesday evening (7:00-8:30 pm) – February 2 through March 23

JustFaith Engaging Spirituality Books/Resources ($45):

- **Jesus Today: A Spirituality of Radical Freedom** by Albert Nolan. This book focuses on the spirituality of Jesus and its relevance for us today. Nolan outlines the elements of Jesus’ spirituality and shows how these lessons might promote a greater communion with God and with all of God’s creation in our current times.

- **Embracing the World: Praying for Justice and Peace** by Jane E. Vennard. A guide to finding a deeper relationship with God through prayer, and seeing how your prayers can contribute to healing the world. The author helps you understand how to best use your spiritual gifts and graces to serve God as well as the cause of peace and social justice here on earth.

- **Engaging Spirituality Journal** – a workbook with prayer and questions to encourage your reflection