



“Pray and Color” For Lent

Slowing down isn't easy in our culture where stimulation and constant virtual connection are the norm. If you find the transition from busyness to stillness difficult, join this Lenten class and learn how to “Pray and Color.”

When:	Tuesday mornings from 9:15-10:15 a.m. March 7 – April 11 (6 weeks)
Where:	Vincent Church Library
Who:	Led by Becky Olivo
Cost:	Free

Why Pray in Color?

- 1) You want to pray but words escape you.
- 2) Sitting still and staying focused in prayer are a challenge.
- 3) Your body wants to be part of your prayer.
- 4) You want to just hang out with God but don't know how.
- 5) Listening to God feels like an impossible task.
- 6) Your mind wanders and your body complains.
- 7) You want a visual, concrete way to pray.
- 8) You need a new way to pray.

Becky Olivo of Vincent Church will lead this Lenten study to explore this exciting and relaxing new way to pray. Since 2007, thousands have enjoyed learning a new prayer practice called *Praying in Color* from Sybil MacBeth. This study will involve prayerful coloring and reflection using different materials provided by the leader.

All are welcome. For more information, or to sign up, contact Becky Olivo at rolivo1950@hotmail.com or the Vincent Church Office by phone or email.

Vincent United Methodist Church

100 Vincent Place, Nutley, NJ; 973-667-5440
www.vincentumc.org; vincentumc@verizon.net