



SUNDAY
DEC
10

10:00 AM - 10:45 AM

📍 CENTRAL BAPTIST CHURCH

A Mindful Advent: Living Well Class

Advent is a season of contradictions: angels bless teenage mothers, night shift workers hear holy proclamations, and God shows up as a newborn baby. We find a mysterious jumble of divinity and humanity, expectation and arrival, joy and loss. Neither are our contemporary holidays simply happy and bright. We too experience the delight and the heartache of this season. Rather than attempting to harmonize these contradictions, we'll reflect on these mysteries and see what happens when we hold these dichotomies together with a gentle curiosity. We'll also explore some mindful practices to encourage openness and self-compassion.