



SUNDAY  
**FEB**  
**23**

10:00 AM - 10:45 AM

📍 CENTRAL BAPTIST CHURCH

## Lenten Practice: Living Well Class

During the season of Lent we often take time to focus on our spiritual journeys. As we move toward this season, we're going to spend a few weeks talking about different spiritual practices that can cultivate openness to the divine movement in us and beyond us. This week David Hatch will guide us in an exploration of the practices of Lectio Divina and Ignatian Contemplation. These ways of engaging with scripture have opened the doors of contemplation to spiritual seekers for centuries.