

Spiritual Practices As Self Care

Waterloo Anglicans/Lutherans 2024 Lenten Series



Wednesdays in Lent

6:00 pm

Each evening begins with a
Community Meal of Soup,
Bread and Water

7:00 pm

Worship - Holden Evening
Prayer

7:15 pm

Presenter and Discussion

8:15 pm

Blessing & Journey home

Feb 21 St Matthew's, Conestogo (131 Flax Mill Dr)

"Action/Contemplation Connection" with Jeff Steckle

Feb 28 Trillium Lutheran Church (22 Willow St)

"Spiritual Practices with Children" with Rebekah Ludolph

March 6 Holy Saviour (WK Mennonite Church at
15 George St.)

"Spirituality of Singing" with Debbie Lou Ludolph

March 13 Mt Zion Lutheran (29 Westmount Rd S)

"My Journey with Prayer" with Joanna Miller

March 20 Christ Lutheran Church (445 Anndale
Rd)

"Silence, Stillness, Simplicity" With Andre Choquet