

# Σοφία

Wisdom, or Sophia has long been considered the feminine aspect of the Christian faith. In the Apocrypha, the Book of Wisdom, also called Sophia (the Greek word for wisdom), concerns wisdom, wealth, power and prayer. Wisdom is considered Apocryphal, a term coined by St. Jerome in the 5<sup>th</sup> century for biblical books received by the church as part of the Greek version of the Old Testament but not included in the Hebrew Bible.

We will be using a new paraphrase of the book of Wisdom, by Jabez Van Cleef, to facilitate our weekly meditations.

## WOMEN'S MEDITATION & CENTERING PRAYER

Wednesdays in the Grace  
Church Library

Starting at 10:15 am

\$5 per session or  
\$50 for 10 sessions

Sept. 4, 11, 18, 25

Oct. 9, 16, 23, 30

Nov. 6, 13

Facilitated by Rev. Paula  
Roper, Interfaith Minister  
and Meditation Facilitator

# Welcome to Women's Meditation & Centering Prayer

## WHEN/WHERE

We meet on most Wednesday morning at 10:15 am  
(following the 9:30 am Holy Eucharist and Healing Service in the chapel)

## HOW

We use two forms for Meditation & Centering Prayer at Grace

- Guided Meditation – meditation is the process of calming the mind and body and entering a peaceful state. It is one of the best tools to balance our emotions, deal with physical and psychological distress and promotes being in the present moment. It can be difficult to meditation in complete silence, so we offer Guided Meditation where you allow yourself to be talked through a meditation.
- Centering Prayer – a method of silent prayer that prepares us to receive the gift of contemplative prayer in which we experience God's presence within us. This discipline of prayer was developed by Father Thomas Keating. For more information:

[www.centeringprayer.com](http://www.centeringprayer.com)

[www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)

## WHY WOMEN

This group began several years ago as a time for Women, and the group has continued to prefer to remain so. If you are interested in a co-ed group, or a men's group, please let The Rev. Paula know ([RevPaulaInterfaith@gmail.com](mailto:RevPaulaInterfaith@gmail.com) or (908) 803-1157).

## LAST BUT NOT LEAST

This group works best when we feel free to speak openly and candidly.  
Anything said in our Meditation and Centering Prayer