

# O COME ALL YE HOPEFUL SEEKERS

FOR GENTLE YOGA  
& SILENT PRAYER



SATURDAY - DEC. 9, 2023 10 A.M. - 12 P.M.

**AT ST. PHILIP PRESBYTERIAN CHURCH**

4807 SAN FELIPE | HOUSTON, TX 77056

**COME. STEP AWAY FROM THE HOLIDAY HUSTLE. GIVE YOURSELF THE GIFT OF TIME.**

Join us for a morning of gentle yoga and silent prayer during this busy season. We will enjoy the stretching, grounding and centering that comes with yoga, using chairs or your mats in the **Gathering Area**. In the sanctuary, instruction will be offered on centering prayer/lectio divina. Then we will open our hearts and minds to God's presence with us in the quiet.

**All are welcome. No experience required. Babysitting available. COME. SEEK. FIND.**

For more information, contact Betsy Boston or call (713) 622-4807.