

Pittsburgh Mercy Parish Nurse & Health Ministry

Virtual Candle Meditations

Health Ministry Prayer Gatherings 2021

Virtual Conversation and Faith Sharing



Do you need a sacred space and time set-aside for peace and quiet reflection during this challenging time in our world? Do you desire to give to your family and others, but could use some extra encouragement and support? Do you have a need to connect with others in prayer and contemplation? Do you want to experience spiritual awareness and spiritual care in a virtual setting?

Please attend our *Virtual Candle Meditation* which is a brief prayer gathering with a **specific theme**. It is a wonderful opportunity to experience spiritual awareness and group faith sharing through a virtual learning setting. We invite all to this quiet place and time as we allow ourselves to prayerfully reflect on our own *whole-person health... balancing body, mind, and spirit*. The emphasis is on the importance of self-care, connection with Creator, experience the provision of spiritual care, and peer support. In our busy lives, we sometimes feel overwhelmed to the point of neglecting our own spiritual needs. We risk little to pour out and then burn out. We are inviting faith community nurses, health ministers, clergy, spiritual leaders, healthcare professionals, licensed professional counselors, social workers, Pittsburgh Mercy employees, and others to this special time away in order to continue with safe, better health and well-being. One aim with this virtual offering is to encourage a deeper spiritual awareness, experience, and articulation of Creator in our lives.

These virtual offerings are at no cost. Please bring a candle with holder (or a jar candle) and matches. We will light our candles together as instructed by our facilitator. Each offering begins at 7:00 p.m. ET. Below are the 2021 dates and topics:

- 1) *Preparing for Lent, February 11, Thursday*
- 2) *Spring into Action, March 11, Thursday*
- 3) *Summer Solstice, June 10, Thursday*
- 4) *Welcome Autumn, September 16, Thursday*
- 5) *Winter Frost, December 14, Tuesday.*

AGENDA

- ♥ Welcome
- ♥ Opening Prayer
- ♥ Candle Meditation
- ♥ Group Faith Sharing
- ♥ Closing Prayer

Registration is required in order for each participant to receive the Zoom link, meeting ID, passcode, and agenda. Dial-in option is available, Registration is done by 3:00 p.m. ET on the date of your choice. To register, send email to ParishNurse@pittsburghmercy.org or call 412.232.5815 and leave a clear and detailed message with the following information:

- 1) First and last name
- 2) Date and time of desired session
- 3) Email address
- 4) Phone number
- 5) Your role or title and the name of your faith community or organization.