

Awake & Aware: Gratitude as a Form of Mindfulness

3-Week Mini Series for Advent

Tuesdays, December 5, 12 & 19, 6:30-8:30pm

Campbell United Methodist Church; Wesley Lounge



Advent Scripture talks about being prepared and awake for Christ's arrival in the world and in our hearts. Our wider culture talks about being prepared for family, friends and gift giving. Yet both calls to action can feel overwhelming, even confusing. Is there a balance between the spiritual and the social? Or is it all woven as one piece? And where is our peace to be found?

In this 3-week miniseries, we will lean on the practices of gratitude and radical hospitality while listening to the invitations from Scripture and society. Through hands-on projects, private reflection and small group discussion, we will reflect on new definitions of being awake, aware and present this Christmas season. The goal is to hold space each week to slow down and listen to the still, small voice of God so that we can cultivate a peace that we carry with us everyday.

Retreat Facilitator: Jennifer Willhoite

Jennifer is a member of Campbell United Methodist Church and is currently studying at Mercy Center in Burlingame, CA to become a licensed spiritual director. She was a student at the Pacific School of Religion in Berkeley and learned meditation and Christian contemplative prayer at Ignatius House, a Jesuit retreat center in Atlanta. She enjoys artwork of all kinds and using creativity as a way to address spiritual questions. And she's a baseball fan.