

## **Pressing Pause: Contemplative Practices for 21st Century Living Series**

Rev. Dr. Anne Walker Sims

Oriental United Methodist Church Fellowship Hall

March 23, May 18, September 21

2 pm - 4 pm

Advance Registration Required email [director@primetimepamlico.org](mailto:director@primetimepamlico.org)

Have you ever wanted to just press “pause” on life? Sometimes we want to remember a special moment forever and rest in the love and joy and good feelings it brings. Other times we’re overwhelmed or frustrated, and just wish life would give us a minute of peace. And who hasn’t occasionally wished we could go back and press pause before we said or did something we regretted later?

Pressing Pause: Contemplative Practices for 21st Century Living will provide some easily accessible tools that anyone can use for pressing pause from time to time. We’ll fill our tool box with meaningful and accessible ways to press pause in our lives and contemplate joy and wonder, re-center ourselves when we’re frightened or frustrated, and re-connect with our own best selves when life starts to get to us.

Spending time in a contemplative pause has been proven to have a number of health benefits, from increasing our sense of well-being, helping us deal with difficult emotions, reduced stress, a greater sense of awareness of the world around us, and an increased sense of empathy

While contemplation has been a practice of most religions, one doesn’t have to practice any particular faith to gain its benefits. Come knowing that wherever you are in your spiritual journey, Pressing Pause will give you tools to feel more grounded, whole, and connected.

March 23 - 2pm - 4pm

**Workshop 1: Prayer Beads** We will talk about the history of prayer beads in various faiths, from Buddhist malas to Catholic rosaries and beyond and various ways to use them. At their simplest, prayer beads can act as a fidget object, helping us to ground our bodies while we are in contemplation. Each participant will have the opportunity to make their own set of prayer beads based on Kristen E. Vincent’s model for Anglican prayer beads.

May 18 - 2pm - 4pm

**Workshop 2: Walking the Labyrinth** We will talk about how labyrinths have been used as an aid to contemplation in many cultures. These ancient forms of mazes have been used for millennia to help us center, to guide us to answer spiritual questions, and simply as a way of slowing down and thinking about what’s going on in our lives and how we feel about it. Come foul weather or fair, participants will have the opportunity to walk a traditional labyrinth and will leave with a finger labyrinth of their own.

September 21 - 2pm - 4pm

**Workshop 3: Practicing the Pause on Paper** We will talk about some of the ways we can ground ourselves and pause using nothing more than basic household supplies: paper and a writing instrument. Doodling, Zentangle, Praying in Color, drawing mandalas, and coloring are some of the practices we’ll explore. Each participant will create a journal of some of these techniques for practicing at home.