



Advent Journey to Bethlehem: Lectio-Visio Divina

**Mondays, 7pm on Zoom
December 2 – December 23**

In the four weeks of Advent, we will journey together with Mary and Joseph to Bethlehem. In this online retreat, the practices of Lectio Divina (sacred reading) and Visio Divina (sacred seeing) will be presented using Bible passages and images of artwork to deepen our Advent journeys of Hope, Peace, Joy, and Love. The movement through the steps of these practices will engage your heart, mind, and spirit in periods of silence, reading, gazing, reflecting, prayer, contemplation, and sharing. We will journey together as God awakens “the ears and eyes of our hearts.”

During the Lectio-Visio steps of Relax, Read, Gaze, Reflect, Respond, and Rest, you will be invited to feel free to jot a word or thought down, or journal, draw, or color in a way that is comfortable to you. (Have available whatever resources you may need in your own sacred space.) There will also be an opportunity to share in small breakout groups your experience as you feel led.

If you are interest, contact Tina Whaley at pastortina@aol.com (or call 302-841-7589) and the zoom link will be sent to you. As we gather on December 2nd, we will decide at that time if we need to adjust the day or time according to the needs of the group.



“Advent Journey to Bethlehem: Lectio-Visio Divina” will be led by Tina Whaley, who with her husband Ken has attended Epworth since 2021. They have three children, Charity, Maria, and Timothy, and four grandchildren, Hurley, Talulla, Weston, and Emmett.

Tina is a retired pastor who served as an Ordained Elder in The United Methodist Church. She now continues offering spiritual formation and direction through her ministry “Spiritual Direction for All.” Tina is also a consultant and communicator for The Upper Room Ministries.