

Pittsburgh Mercy Parish Nurse & Health Ministry

Health Ministry Prayer Gatherings 2020

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 Candle Meditation and Health Ministry Prayer Gatherings. 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, and peer support. In our busy lives, we sometimes feel overwhelmed to the point of neglecting our spiritual needs. We risk little to pour out and then burn out. We invite all to safe, better health and well-being.

These virtual offerings are at no cost. It is intended for faith community nurses, parish nurses, health ministers, lay ministers, clergy, registered nurses, health care professionals, licensed professional counselors, social workers, Pittsburgh Mercy employees, and anyone interested as we continue our commitment to advocating for and serving others in need.

Each offering begins at 7:00 pm ET. The five (5) dates are the following:

- 1) Summer Candle Meditation August 6th Thursday**
- 2) Summer Candle Meditation August 26th Tuesday**
- 3) Autumn Candle Meditation September 24th Thursday**
- 4) Giving Thanks Candle Meditation November 12th Thursday**
- 5) Advent Candle Meditation December 8th 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, password, and agenda. Dial-in option is available. Registration deadline is by 3:00 p.m. ET (Easter Time in US and Canada) on the date of your choice. Space is limited, so early registration is suggested.

For questions or 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) Your phone number
- 5) Your role or title and the name of your faith community or organization.

Remember to visit our website at <https://www.pittsburghmercy.org/faith-communities/education/>