

Become aware of
God's presence & action
in your life.



growing towards God

THE CUP with Nancy Phillips, facilitator

The cup, as a symbol for our spiritual journey, offers us direction as we search for God's presence and action in our lives.

The book, *The Cup of Our Life* by Joyce Rupp provides a framework for contemplative focus alongside the practice and refinement of spiritual disciplines such as contemplative prayer, *lectio divina*, and journaling; all to aid us on the important journey inward.

“the spiritual journey
is like a cup—

a constant process of emptying
and filling, giving and receiving,
of accepting and letting go.

In the cup I see life, with its
emptiness, fullness, brokenness,
flaws and blessings.” —Joyce Rupp

January to May 2013

6:30 pm – 8:30 pm

6:00 Brown Bag Supper (optional)

St. John's Anglican Cathedral

135 Anderson Avenue, Winnipeg
stjohnscathedral.ca

- JANUARY 8: the cup of life; the open cup
- FEBRUARY 12: the chipped cup
- MARCH 12: the broken cup
- APRIL 9: the cup of compassion
- MAY 14: the cup of blessing