Breathe
an Upper Room Experience
On November 15 and 22, we will gather virtually at 5pm for a brief time of reflective worship. Following this time of worship, we invite you to participate in a practice (most via Zoom) to be facilitated by staff and community members. Our hope is that these practices offer space and oxygen to our community as we release the tensions we’ve been carrying these last weeks and months.

There are seven practices to choose from and you can find detailed descriptions with links to join on the following pages. To participate in any of these practices, you will need a computer, tablet, or phone.
Centering Prayer is a contemplative prayer practice similar to mediation but with an openness to the presence of God’s spirit. It’s a way of praying that is all about being still and allowing God to fill us with his love. There is a process for this type of prayer and we will be leading you through it. No prior experience needed.

Details:
- This practice is most accessible for adults
- Zoom Password: centering

Led by Michele Dunbar
micheledunbar@icloud.com

Zoom Link
The Welcoming Prayer is a practice of consenting to God’s presence and action in our physical and emotional reactions to events and situations in daily life. If you are struggling with difficult emotions, Welcoming Prayer offers a structured way to embrace and accept it, so you can release it and move on. No prior experience needed.

Details:
- This practice is most accessible for adults
- Zoom Password: 381662

Led by Bonnie Meendering
bonnie@urminneapolis.org

Zoom Link
Guided Meditation

Meditation is an ancient wellness practice that focuses on training awareness, attention, and compassion. Join Sara Johnson as she leads a guided meditation that will help ground and settle as we head into this Advent season. No meditation experience required, beginners and seasoned meditators welcome.

Details:
- This practice is most accessible for adults
- Zoom Password: 402267

Led by Sara Johnson
sara@urminneapolis.org

Zoom Link
Join Rachel Dollard (Nov 15) and Jenni Bratulich (Nov 22) to unwind with some deep breathing exercises and gentle yoga poses. You will be guided through basic restorative poses with the hope of creating a space for relaxation and surrender.

Details:
- This practice will be accessible to both new and experienced students of all ages
- You will need a yoga mat (or comfortable spot on the floor)
- Some suggested items to have with you: candle, pillow, blanket, massage/essential oil
- Zoom Password: C97jyb

Led by Rachel Dollard and Jenni Bratulich
This practice offers the opportunity to slow down and reflect through musical worship. Our worship leader, Dan Lawonn has put together a Spotify playlist to help create this much-needed space.

Details:
- This practice is accessible for all ages.
- Here is a link to a coloring sheet for kids (or grown-ups too!)

Spotify Link
Breath prayer is the act of slowing down our bodies and being more present so we are able to breathe in God's love for us and more intentionally breathe out that love into the world around us.

Details:
- This practice is geared towards kids, but grown-ups are welcome to join us too!
- Zoom Password: 100491

Led by Hannah Sinnwell
hannah@urminneapolis.org
Processing Circles

To put it lightly - there has been a lot going on in our world these days. This practice will allow us to listen deeply to one another and hold space for all that is... Our hope is that through this practice we will find, within the gift of community, an opportunity to remember who we are and who God is.

Details:
- This practice is most accessible for adults
- Zoom Password: listen

Led by Katie Sanders
katie@urminneapolis.org

Zoom Link