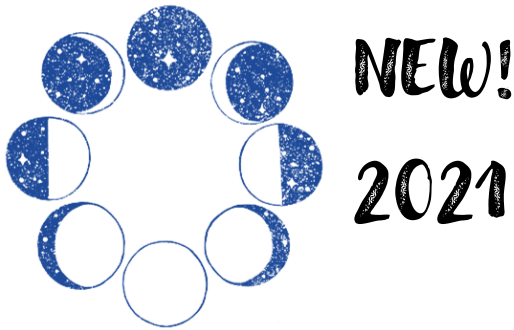


Christine Center on-line

Moon Meditations

Throughout many sacred traditions, the lunar cycle offers attunement to natural life rhythms and alignment with powerful spiritual energies. Expansion and contraction, illumination and mystery, new beginnings and unitive fullness are the teachings of our Sister Moon!



Join the Christine Center sisters for a **Moon Meditation** twice a month, at **New Moon** and at **Full Moon**.

Hosted by **S. Henrita Frost**, the guiding focus for the **New Moon** meditation is **Compassion, Reconciliation and Regeneration**.

Hosted by **S. Johanna Seubert**, the focusing intention for the **Full Moon** meditation is **Oneness**.

Each meditation will begin at 6:30pm and conclude at 7:30pm.

We will zoom with you from our homes, and hope you welcome us into yours!

You will be able to join the meditation any time from our web page link.

*The **NEW MOON** ends and begins our 29-day lunar month. The New Moon is a traditional time of setting intention, launching something new, or simply starting over, to begin again. In this dark time of holy mystery, we can plant our finest hopes and best dreams, bringing sparks of light to the darkness.*

Any seeds, whether spiritual or garden-variety, that are planted at this time, get an added boost from the energetic pull of the moon. They can align their growth with the moon's ever-waxing light, from a tiny, silver sliver to the robust illumination of the full moon.

*The **FULL MOON** occurs at the mid-point of the moon's cycle when it is fully illuminated by the light of the sun. Here the moon is at the farthest point from the Sun, which releases great unitive potential as the Lunar & Solar (yin & yang) are in natural balance.*

The Full Moon's energies amplify feeling, thinking, and dreaming. While the presence of opposites at this time can be challenging, full moon resonance offers great potential for bringing opposing energies together and for manifesting wholeness.

Every meditation starts with an introduction to that evening's focus.
Each one will be different. A time of collective, silent meditation follows.
Afterward, we will reflect together on our shared experience.

Please join us for any or all these powerful meditations in 2021!



Mark you Calendars! Zoom link is on our website. Tech support by S. Gabe Uhlein

All meditations are from 6:30 pm to 7:30 pm

JANUARY 2021

New Moon January 13
Full Moon January 28

FEBRUARY 2021

New Moon February 11
Full Moon February 27

MARCH 2021

New Moon March 13
Full Moon March 28

APRIL 2021

New Moon April 12
Full Moon April 27

MAY 2021

New Moon May 11
Full Moon May 26

JUNE 2021

New Moon June 10
Full Moon June 24

JULY 2021

New Moon July 10
Full Moon July 24

AUGUST 2021

New Moon August 8
Full Moon August 22

SEPTEMBER 2021

New Moon September 7
Full Moon September 20

OCTOBER 2021

New Moon October 6
Full Moon October 20

NOVEMBER 2021

New Moon November 4
Full Moon November 19

DECEMBER 2021

New Moon December 4
Full Moon December 19