

## Christlike Mindfulness

**Topic:** Contemplative Prayer Practices

**Leader:** Dr. Andrew Clifford

**Contact:** [drclifford@mac.com](mailto:drclifford@mac.com)

**Day/Time:** Sundays @ 11:00 a.m.

**Dates:** Reoccurring

**Location:** Online

**Community:** Men and Women, All ages

**Suggested Materials:** Bible

**Details:** CLM Class studies, discusses, and promotes biblical and historical Christian practices of Contemplative Prayer and Meditation for the purpose of Christlike transformation. The class was founded in 2019, and class members' ages range from the 30s to 80s. The class explores simple but deep practices that have empirically transformed peoples' brains, minds, hearts, and lifestyle to the likeness of Jesus Christ. Practicing members experience the transformative presence of God, and resulting fruits of the Spirit: love, joy, peace, patience, kindness, charity, faithfulness, meekness, and equanimity. Class members are supportive to each other in their personal and corporate practices of transformative Christian prayer.

For the 2020-2021 year, CLM will be studying, meditating, and praying through three books. In the Fall, we will be exploring *Nine Portraits of Jesus: Discovering Jesus through the Enneagram* (R.J. Nogosek, CSC). In this book are intense and biblically centered meditations on the personality of Jesus based on the Enneagram system of personality types. In the Winter and Spring, we will be studying two books by Richard Rohr: *Eager to Love: The Alternative Way of Francis of Assisi*, and *Universal Christ*.

If you would like a Zoom invite, please contact [drclifford@mac.com](mailto:drclifford@mac.com).