

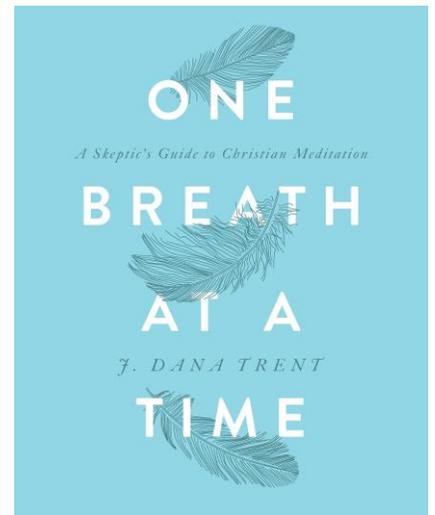
Christian Meditation for Lent?



Have you ever:

- Wanted to try meditation for Lent, but didn't know where or how to begin?
- Tried meditation, but found it too hard or boring to continue?
- Wondered if meditation is relevant for and should be used in Christian liturgical seasons like Lent?
- Wondered if meditation were an appropriate Lenten spiritual practice?

Theologian and *New York Times Best-Seller* author **Barbara Brown Taylor** calls *One Breath at a Time: A Skeptic's Guide to Christian Meditation* by J. Dana Trent a "very clear and completely do-able invitation to be still with God for a few moments each day." **Taylor adds:** "Whether you are new to meditation, lapsed in your practice, or simply curious, you have found the right teacher."



One Breath at a Time is now available for your upcoming Lenten journey. This resource reframes meditation for eager students, skeptics, clergy, and those interested in both the spiritual and scientific benefits of this ancient practice.

This 40-Day Lenten Meditation Guide Is Ideal For

- Congregation-wide, intergenerational studies
- Christian education and formation programs
- Sunday School and Adult Forum classes
- Small groups and accountability groups
- Families longing to journey through Lent together (material can be adapted for all ages)
- Individuals interested in beginning, sustaining, and deepening contemplative spiritual practices this Lent

Key Features of This Book

- Group leader and readers discussion questions
- Group discussion formatting suggestions
- Scriptural, theological, and scientific case for trying Christian meditation this Lent
- Compelling stories from the author's personal experience that invite readers to examine their own struggles with silence
- Five meditation approaches that help readers learn step-by-step how to meditate through Lent

***One Breath at a Time* is your perfect companion for this year's Lenten journey**

Bulk orders of five copies or more receive a discount!

Order bulk copies at <https://bookstore.upperroom.org/Products/1855/one-breath-at-a-time.aspx> or call Upper Room Books Customer Service at 1-800-972-0433.



Your discount will appear after you've added your number to the cart. For every bulk order, author Rev. J. Dana Trent is available to facilitate virtual discussions or Q&A sessions via Skype or Zoom.

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About the Author

The Rev. J. Dana Trent is a graduate of Duke Divinity School and professor of World Religions and Critical Thinking at Wake Tech Community College. An ordained Baptist minister and former hospital chaplain, she has been featured on Time.com, Religion News Service, Religion Dispatches, as well as in Sojourners and The Christian Century. Her fourth book, *Dessert First: Beginning with the End in Mind*, releases in fall 2019 from Chalice Press. It chronicles lessons on life, death, and grief from the bedsides of the dying, including her mother. *Dessert First* illumines what dying teaches us about living.

Dana is also the award-winning author of books on wholistic wellness and multi-faith spiritual practices: One Breath at a Time: A Skeptic's Guide to Christian Meditation, For Sabbath's Sake: Embracing Your Need for Rest, Worship, and Community, and Saffron Cross: The Unlikely Story of How a Christian Minister Married a Hindu Monk. She

is a certified group fitness instructor and teaches for the YMCA. She and her husband, Fred, are longtime vegetarians and live in Raleigh, NC, with their orange tabby cat.



Questions?

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