

Dawn Peck, Spiritual Life, Contemplative Prayer

Dawn Peck is a lay member at Trinity UMC in Lexington and lay member of the Staunton District Committee on Ordained Ministry as well as the Conference Board of Ordained Ministry. She is certified through the Shalem Institute of Spiritual Formation - a graduate of the 2008 Leading Contemplative Prayer Groups and Retreats program. Professionally, Dawn is a retired Pediatrician.

Dawn is especially interested in helping others deepen their spiritual life through contemplative prayer. She conceptualizes contemplative prayer more as contemplative living: living all of life out of one's relationship with God. Dawn leads a long-standing contemplative prayer group locally and is interested in sharing the experience of contemplative prayer with others; perhaps helping to get their own groups started. She brings an interfaith perspective to such groups.

Dawn has a particular interest in helping parents parent from their center in God. This is offered through a weekend retreat designed especially for parents: a focus on blending this life-nourishing and sustaining way of welcoming God into everyday life with professional expertise from the field of Developmental Pediatrics.

Contact Information: Dawn Peck dhpeck@hotmail.com

Phone: 540-463-5161