



LEARN MORE

INFO@HARMONY.LGBT
WWW.HARMONY.LGBT

SACRED PAUSE



HARMONY™

Many Voices. One Mission.

ABOUT

MISSION

Harmony provides advocacy, education, and resources for Queer voices in Community of Christ with a shared vision of full participation.

WHAT IS SACRED PAUSE?

Sacred Pause is a monthly opportunity for connection and renewal. Harmony is committed to supporting the spiritual needs of the Queer/LGBTQIA2S+ Community, and as such, this monthly online gathering is intended to provide spiritual companionship for a Queer/LGBTQIA2S+ audience and its allies. Gatherings typically last about an hour. You are invited to join us for this opportunity for rest, renewal, and connection...wherever you are!

Each Sacred Pause gathering includes the Sacrament of Communion (Lord's Supper). **All are welcome to Christ's table.** If you would like to participate, please come to the gathering with a snack and a drink.

VOLUNTEER OPPORTUNITIES

Contact us at info@harmony.lgbt to get involved in this important ministry.

SUPPORT

WAYS TO GIVE

Making a tax deductible donation to Harmony has never been easier! We've partnered with a number of platforms to ensure you have secure options when considering a donation to Harmony.

Visit the URL below to make a donation online.

[WWW.HARMONY.LGBT/DONATE](http://www.harmony.lgbt/donate)

DONATE BY MAIL

Looking for a low tech way to donate? Harmony is happy to accept US checks!

Make your check out to "Harmony," indicate any specific instructions in the memo line, and drop it in the mail.

WAYS TO VOLUNTEER

We are always on the lookout for bright, passionate, energized volunteers to help us move the mission of Harmony forward.

Visit the URL below to sign up online.

[WWW.HARMONY.LGBT/VOLUNTEER](http://www.harmony.lgbt/volunteer)

CONNECT



- **WHEN:** Last Monday of every month at 8 p.m. Central Time
- **WHERE:** Zoom (join via computer, tablet, smart phone, or dial-in for audio-only)
- **REGISTRATION:** Register for free on our website at harmony.lgbt/sacred-pause to receive the Zoom details each month



@harmonylgbtq