

Introduction *to* Christian Meditation

The Value of Christian Meditation in Dealing with Life's Stuff

Dvd presentation, sharings by meditators,
periods of meditation

Monday, March 14, 2016

7:00 – 8:30 p.m.

Church of the Holy Spirit

1451 W. Bode Road

Schaumburg, IL

ALL ARE INVITED:

Those who meditate, and those who want to learn to meditate.

Free will offering accepted.

Registration requested but not required

Marianne.S@churchoftheholyspirit.org or

847-882-7580



The Evening Meditation is sponsored by
the Christian Meditation groups
at St. John of the Cross Parish.

Information on Christian Meditation is
available at wccm-usa.org and wccm.org.