



INTRODUCTION TO CHRISTIAN MEDITATION

"Be Still & Know That I am God"

SUNDAYS - 1.00 pm TO 2.30 pm

MARCH 9, 16, 23 & 30

Led by Deacon Marilyn Metcalfe & Rajini Lyman

Meditation is an ancient form of prayer. Its aim is to bring the distracted mind to silence and stillness, and rest in the presence of God. Even in our modern busy lives this is possible. We invite you to come along and try this form of prayer which is simple and peaceful.

The introductory course provides an opportunity to experience the practice of Christian Meditation in a small group, to learn about its origins, and to discover its relevance as a form of prayer for the contemporary world.

Consider making a \$25.00 free will offering to cover reference materials and refreshments. **Pay by E-transfer to: stgeorgesajax@gmail.com**

In the comments section type: "For Lenten Meditation Intro"

Please register by email: deacon.marilyn@stgeorgeschurch.ca or Phone: (905) 683-7981 Ext. 3.