



**SHARING THE GIFT OF
CHRISTIAN MEDITATION**
A Lenten Journey into Silence

**The Canadian Christian Meditation Community
Invites you to**

**AN INTRODUCTION TO
CHRISTIAN MEDITATION**

A SIX-WEEK HYBRID COURSE.

By donation (suggestion of \$30 for the course)

**At St. James Catholic Church,
338060 32nd St. E. Okotoks, AB
In St. André Bessette Room**

**Every Tuesday
February 21st - March 28th, 2023.
7:15-8:15 pm**



Advance registration is required at:

<http://www.bit.ly/Feb2023MeditationCourse>

**Contact: St. James Meditation Coordinator
Andrea Siqueira
andreat711@gmail.com / 403-999-3398**

**"Be Still and know that I am God"
Ps 46:10**