

**CHRISTIAN MEDITATION GROUP**

***Following Jesus's advice to "pray always," the Christian Meditation Group inspires members to experience another form of prayer.***

We are familiar with vocal and community prayer, but through literature, audio and video tapes, we are introduced to *Meditation*.

*Meditation* is at the heart of the Christian experience.

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|---------------|-----------------------------|
| <b>WHEN:</b>  | <b>Thursday afternoon</b>   |
| <b>WHERE:</b> | <b>Convent meeting room</b> |
| <b>TIME:</b>  | <b>1:30 - 3:30pm</b>        |

***Enrich your prayer life. Everyone is welcome!***

*"I always felt that Meditation was part of the lives of only Monks or Cloistered Nuns, but now I know it's available to ordinary people like me."*

***Please join us for this special experience!***