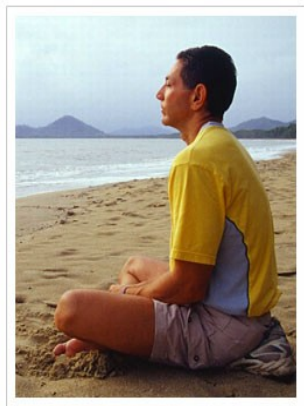


MEDITATION GROUP STARTING



Have you ever wanted to try meditation but were not sure how?

Have you been practicing on your own but would like to practice with a group?

Are you just looking for something new to add to your spiritual practice?

Then join the new meditation group at First-Grace Lutheran Parish

Where: First Evangelical Lutheran Church
4974 State Route 52, Jeffersonville

When: 7:00 PM Monday, October 23rd

(And then every third Monday at 7:00 pm)

If there is enough interest, more opportunities to practice may be added



No you do not have to sit on the floor, although you may. You may choose instead to use a chair or pew. Questions about different styles, kinds and positions in meditation will be answered during practice.

This group will be structured as a time of education about meditation followed by a time of meditation. We will look first at methods of meditation and then as time progresses at some of the many people who have used meditation as a spiritual practice. Remember meditation is about practice not perfection which means all can participate. This group will be led by Pastor Kit Robison.

All are welcome to join this group

For More Information Call Pastor Kit @ 482-3224

