

Christian Meditation

***A time-honoured way of prayer
for life today***

***In stressful times our relationship with God
becomes more important.***

Learn how to
"be still and know that I am God"

by attending the

on-line 6 week

Introduction to Christian Meditation

course beginning on
Monday January 9, 2023 at 7:30 pm.

For more information and to register,
contact

Ann Harwood at **aaharwood77@gmail.com**

Canadian Christian Meditation Community

