

# Meditation Group



*All are welcome:* Christians, people of any faith

Each meeting has:

- Basic teaching on how to meditate
- 20 minutes of meditation
- Spiritual Teachings about deepening your meditation practice and learning to draw on the freedom and joy meditation brings into life.

**Come, learn a way of meditation that is rooted in Jesus.  
Come, meet others interested in meditation.  
Come, plunge into healing, refreshing silence.**

*Cathedral of St. Matthew  
1725 Rhode Island Ave NW  
Washington, DC 20036*

*Meetings are 30 minutes long unless otherwise noted.*

***Sundays: 1:30pm on zoom (60 minutes) and  
4:45pm in the East Conference Room***

***Tuesdays: 12:45pm (after 12:10pm Mass) in the Cathedral***

***Wednesdays (beginning December 1, 2021): 5:15pm (60 minutes) at  
St. Matthew's Education Center (1726 N Street, NW, in the alley behind  
the Cathedral) and 8pm on zoom***

***Thursdays: 12:45pm (after 12:10pm Mass) in the Cathedral***

For zoom links and to learn more, email: [ljmilone@stmatthewscathedral.org](mailto:ljmilone@stmatthewscathedral.org)