

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.

Sundays at 1:30pm on zoom

Wednesdays at 8pm on zoom

For zoom links and to learn more, email: ljmilone@stmatthewscathedral.org