

Meditation Group

Beginning Sunday, November 7, 2021



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 except as noted.

Sundays: 1:30pm on Zoom (one-hour meeting)

Sundays: 4:45pm in the North Conference Room

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

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

For Zoom link and to learn more, email: ljmilone@stmatthewscathedral.org