

An Introduction to
CHRISTIAN MEDITATION

March 19 ~ March 26 ~ April 2



*What is as old as Christianity,
brings joy & peace to those who practice it,
and is the "best kept secret"
in the Church today?*

The answer is Christian Meditation.

In an age of rush and noise it is essential that
we find time to be still and quiet.

An Introduction to Christian Meditation will
be held on 3 consecutive Thursdays in Lent,
beginning March 19 and ending April 2,
6:30-8:00pm in the St. Anne Room
at the Ave Maria Parish Life Center.

You may attend any/or all of the sessions.

Each session will include a teaching on the
Christian background, 20 minutes of silent
meditation, and time for Q&A. All are
welcome and there is no charge to attend.

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