Cedars'

Monthly Meditation

When: 4th Wednesday of each month from 5:00 to 6:00pm Where: Cedars Center (284 Madrona Way #128, Bainbridge Island, WA 98110)

We will delve into a variety of meditation techniques. As we meditate together, you'll have the opportunity to explore these techniques deeply. As the session draws to a close, there will be a chance to pose inquiries and, if you wish, share your personal meditation experiences with others.

Mark your calendar for the following dates:

- September 27th
- October 25th
- November 29th

No Meeting in December

- January 24th
- February 28th
- March 27th
- April 24th
- May 29th
- June 26th

If you would like more information, please reach out to Rev. Zackrie. <u>minister@cedarsuuchurch.org</u> 360-930-9339

