

# Circle of Light Meditation

Wednesday, August 11<sup>th</sup>

7 - 8 p.m. in the Parlour

Join us for a **Guided Meditation** here at Wesley United Church. Soft music and a guided meditation geared towards relaxation, self discovery rejuvenation and healing. You may bring a cushion to sit on if you prefer.

Circle of Light invites everyone (whether you have experienced meditation or not) to come and find the quiet center, to reconnect to the holy place inside each and every one of us.

Meditation led by our Spiritual Mentor, Christine Samson  
at 905-735-5912, ext 4.

Free will donations to our local church fund.

Please join us.

