

Finding Silence, Stillness, and Simplicity through Meditation



Meditation is part of universal human wisdom, practiced by people from all faiths.

Meditation is good for us mentally, physically and spiritually. It brings us to our deepest center where we find peace, calm, love.

Sitting in a small group with others once a week can be transformational.
It underpins a daily practice which can become the most meaningful part of our day.

Following a successful 6 week introductory course, our meditation community has continued to meet every Thursday at 6 pm in Christ Church. There is a lovely sense of community and joy as we meet weekly. The group is ecumenical and all are welcome regardless of faith or background.

Whether you have meditated before or never tried it, you are warmly invited to join us every Thursday at 6 pm at Christ Church Pill.

If you would like to know more please contact RevLucycurate@outlook.com or phone 07399073340

We are part of the World Community for Christian Meditation www.wccm.org Or www.wccm.uk

Love and prayers

Lucy