



Christian Meditation : a way to a listening heart

This day of reflection will focus on
one way to live from the heart
and find God deep within
where peace, happiness and wisdom
can be our guides in our daily journey.

No previous experience of
Christian Meditation is necessary.

led by

Sr. Kathleen Bolger, SSM

*a Sister of St. Martha (PEI), spiritual director and former coordinator of
Christian Meditation in the Atlantic region*

at

St. Alban's Anglican Church

343 Pleasant Street, Dartmouth

wheel-chair accessible, plenty of parking

scent-free, please

Saturday,

October 17 , 2009

9 am - 4 pm

registration begins 8:30 am

*you may wish to bring a
cushion or meditation stool*

Cost: \$20.00

snacks /lunch included
a resource book table
will also be available

for more information

please contact : Mary (902) 434-7194

Len (902) 434-0567

an ecumenical retreat sponsored by
the Halifax-Dartmouth Christian Meditation Community

