

THURSDAY MEDITATION GROUP



Thursdays, 6:45 – 7:30 pm

Hosted by David Killian, Lisa Parker & Peter Stringham

Do you want a deeper spiritual dimension in your life? Would you like to develop a meditation practice that is fulfilling and even enjoyable? Would you like the companionship of others on your spiritual journey? Would you appreciate the opportunity to draw on the wisdom and experience of people who have been meditating for decades?

If you answer Yes to these questions, we invite you to be a part of the Thursday Meditation Group.

The Group will utilize meditation exercises from Anthony deMello's *Sadhana: A Way to God*. The book provides easy access to meditation for beginners and refreshment for long-time practitioners.

All are welcome. No fee, but voluntary donations will be accepted.

The Rev. Dr. David A. Killian is Rector of All Saints Parish.

Lisa Parker is a musician and teacher at the Longy School of Music.

Peter Stringham, M.D., is a nationally-recognized pioneer in violence-prevention, author, and teacher of meditation.

*For information, please contact
rectord@allsaintsbrookline.org or 617-738-1810, ext 105.*

Sponsored by the Adult Education Committee of All Saints Parish and the Ruah Interfaith Spirituality Program of CMM.

All Saints Parish
1773 Beacon Street
Brookline, MA 02445-4214
617-738-1810
www.allsaintsbrookline.org

