

Monthly Meditation Hour



**First Sunday of every month—10:30 to 11:30 AM
Facilitated by Marybeth Spain**

PLEASE NOTE: These meeting will be held via Zoom till further notice. I'll send the meeting links by e-mail. If you're not on my list and want to join, please e-mail me at mlsrelax@verizon.net Thank you!

**Upcoming 2022 meetings: Oct. 9, Nov. 6, Dec. 4
Please note the October meeting will be held on the second Sunday.**



Meditating in a group helps maintain focus and creates a synergy that expands and deepens the power of the meditation.

All are welcome, from beginners to experienced meditators. Come whenever you can. Since we'll be on Zoom for at least the first months of 2021, there are no space limitations.

There is no charge for these sessions. If you wish to leave an offering, please consider a donation to a food pantry such as Food for Others, Capital Area Food Bank, or Feeding America, or other charity of your choice to help those financially affected by the pandemic. Thank you!

By sustaining a regular monthly meditation hour, we can support one another in deepening our meditation practice and enhance our experience of inner peace and connection. This, in turn, will send ripples of peace and balance into our larger world.

Questions and information: Contact Marybeth by e-mail at mlsrelax@verizon.net or by phone at (703) 298-2692. Thank you!