



*“Be still and know that I am God”*

Meditation is an ancient form of prayer. Its aim is to bring the distracted mind to silence and stillness, and rest in the presence of God. Even in our busy lives this is possible.

We invite you to come along and try this form of prayer which is simple and peaceful.

You will have the opportunity to experience meditation, to learn about its origins, about the World Community for Christian Meditation, the New Zealand Meditation Community and to discover its relevance as a form of prayer for our world.

**Weekly from *Wednesday 4<sup>th</sup> Nov / 2020***

*7:00pm-8:00pm*

*All Souls Anglican Church*

*30 Church Lane*

*Christchurch*

For more information:

- Contact Annette Reinheimer or Richard Carr
- Email [annettere852@gmail.com](mailto:annettere852@gmail.com) or [carr56@gmail.com](mailto:carr56@gmail.com)

*All Souls Church are pleased to offer our space for this Christian Meditation opportunity.*