

Every Wednesday evening  
**Prayer and Meditation Service**  
Begins March 23rd at 6:00 pm.

Our mid-week Prayer and Meditation Service will take place each Wednesday at 6 p.m. and last about 45 minutes. The first 15 to 20 minutes of each class will be a chance to learn and practice positive prayer techniques. The next 20 to 25 minutes will be a time to focus on meditation. In this portion of the class we will listen to Jack Kornfield, a well-known Mindfulness Meditation teacher, share instructions about how to meditate. Jack will also lead us in a short (10 minute) meditation each class. Please join us for this mid-week boost and "breath of fresh air."