

*Do you crave for space in the midst of
your busyness and wonder whether
there must be more to life?*

"For God alone my soul waits in silence"

[Ps 62.1]

"The great need of our time is for people to be connected to spirit; for people to be connected in themselves that makes their lives vital and full of meaning, that makes life a mystery to be uncovered."

[Harold Stone, Sandplay]

MEDITATION GROUP

every Wednesday evening

6.30 pm to 7.15 pm

Central Church,
Duckworth Street,
Darwen.



The
United
Reformed
Church

Meditation is a tradition common to all of the world's religious traditions enabling people to be more in touch with God and with themselves.

Meditation unites us with Christians of all denominations and traditions and with our friends and neighbours of other faiths where we can rest in God's mystery.

Each session will last no more than 45 minutes. Everyone is welcome. Why not give it a try!

Contact Rev Sarah Moore for more details.