

Belvedere Family Church Sunday Gathering: Assistant Pastor Mika leads guided Meditation

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Sunday Gathering: Meditation

Dear,

This Sunday December 3rd at 10am we will have Assistant Pastor Mika lead a guided Meditation. Instead of hearing a message we will meditate together and have a personal experience listening to ourselves and connecting with God in this way.

Everyone is welcomed and encouraged to join! You can wear comfortable clothing if you wish.

This is a brief schedule of the gathering:

10:00 Brief Introduction to meditation

10:15 Breath work and brief warm up

10:25 Guided Meditation

10:45 Sharing Reflection (optional: only if you wish to share)

10:50 Close

We will have babysitting available for the young kids during the gathering as well.

We hope to see you there!