

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 meetings: July 5, Aug. 2, Sept. 6, Oct. 4, Nov. 1, Dec. 6, 2020



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. Because of space limitations, please let me know if possible by 10:00 that morning if you're planning to attend. After 10:00, I won't be checking e-mail, but you can reach me by calling or texting my cell phone (703) 298-2692.

There is no charge for these sessions, but if you wish to leave an offering to help defray any costs (which should be minimal), please feel free to do so.

I hope that 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 - Hope to see you there!