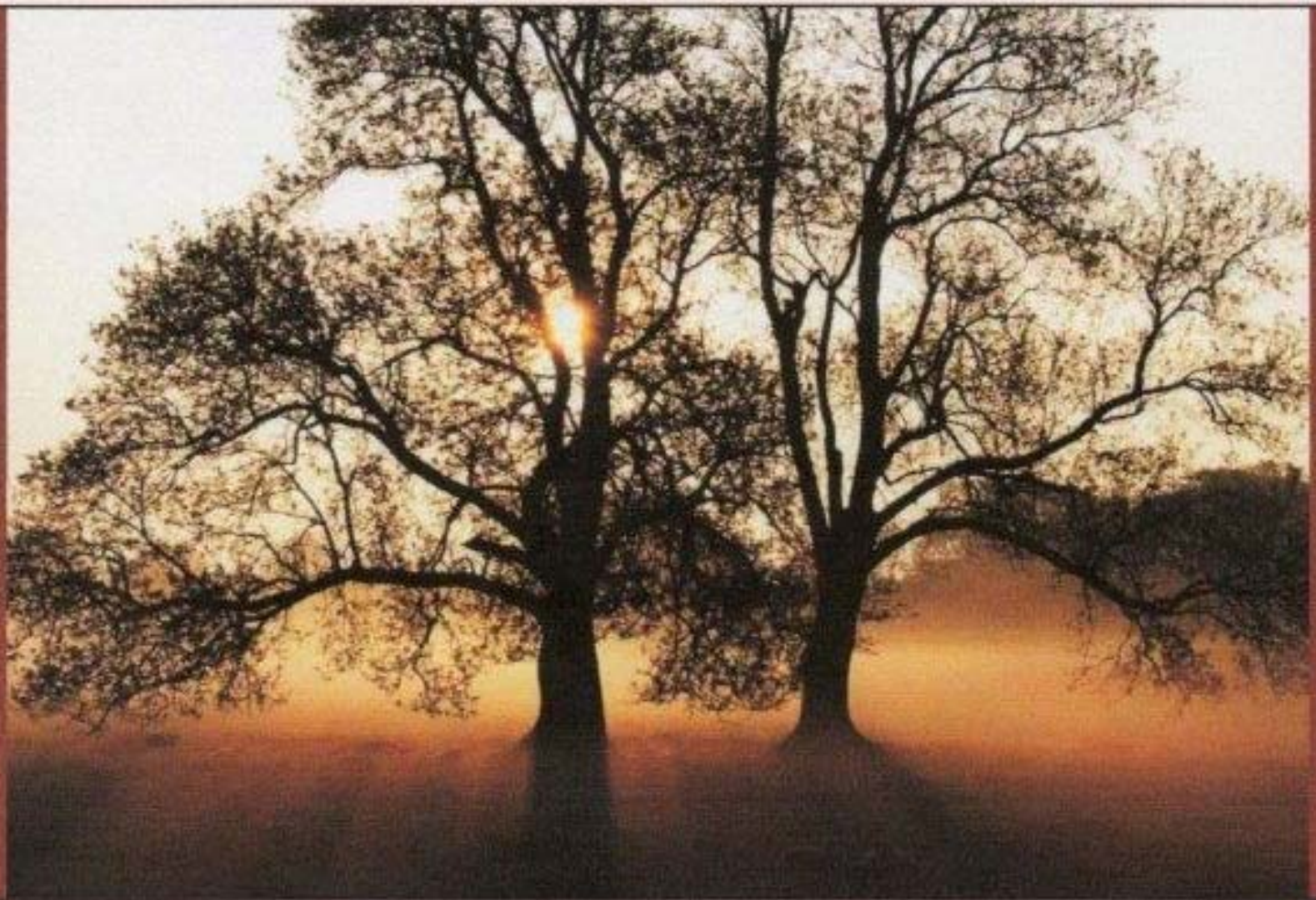


Be Still and Know that I Am ...



You are invited to join in silent meditation prior to our Sunday services. We will begin at 9am with listening to a message of instruction/inspiration from a spiritual teacher such as Eckhart Tolle or Sri H.W.L. Poonja and then enter the silence of a 30-minute meditation (all focused on present moment, of course). We will close with a brief period of questions or clarification on the process. Facilitators will be Ginny Rutcho, Carol Virostek and Arlene Dorischild.

Be the Truth you seek.