

Topic: Peace Generator, silent meditation

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* Drop in anytime, in body or spirit, between 7:00 - 9:00 pm.

* Reach out and feel the peaceful connections with loved ones near and far.

* Silent meditation, prayer, contemplation, journaling, walking meditation, reiki, etc. are all welcome!

* At start (7pm sharp) or end, be part of the opening/closing circle.

* Find the peaceful place in your heart, and rest in the peace and love that connects all, whether here in body or wherever in spirit.

Upcoming:

* 2 hours: Friday Apr 17, 2020, 7-9 pm

* 24 Hours: 6:00 pm Friday May 15 - 6:00 pm Sat May 16, 2020.