



DISTRICT 34 PRESENTS
**A MEDITATION
WORKSHOP**

SATURDAY, FEBRUARY 23RD
1:00PM – 4:00 PM

MESSIAH LUTHERAN CHURCH
1335 FRANCIS ST, LONGMONT

Please join us for an afternoon of prayer and meditation. We will discuss some basic meditation practices and do some group meditations.

Water and light snacks will be provided.

Please bring a blanket and a pillow to sit on if you like.

***“What we really have is a daily reprieve contingent on
the maintenance of our spiritual condition”***

Pg. 85 Alcoholics Anonymous

FOR MORE INFORMATION CONTACT: ERIC H @ 720-940-3060