

DISTRICT 59 WORKSHOP

STEP 11- PRAYER AND MEDITATION

AUGUST 13, 2017
1:30PM – 4:30PM

CHRIST EPISCOPAL CHURCH
712 EAST 16TH SREET
BERWICK, PA 18603

**DISTRICT WILL PROVIDE
SANDWICH'S, CONDIMENTS,
WATER, AND COFFEE.**

***PLEASE BRING A COVERED
DISH***

ANY QUESTIONS PLEASE EMAIL:
District59aa@gmail.com

THERE WILL BE:

- A SHORT ROUND TABLE DISCUSSION,**
- TWO SPEAKERS ON STEP 11,**
- AND A PRESENTATION ENTITLED: "SOUND MEDITATION- OUR CONSCIOUS CONTACT WITH GOD" WHICH INCLUDES A GUIDED MINDFUL MEDITATION, SETTING AN INTENTION (PRAYER), AND SOUND MEDIATION TO ENCOURAGE OUR CONSCIOUS CONTACT.**

bring a yoga mat if you would like but not required