



District 20 Presents



Meditation Workshop

Back by Popular Demand

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

SATURDAY SEPTEMBER 30, 2017

ST JOHN'S EPISCOPAL CHURCH (DRY BRIDGE)

101 S PROSPECT STREET, HAGERSTOWN, MD
21740

Schedule May Vary

- 10 - 11:00 Presentation - General overview of Prayer and Meditation
- 11 - 11:15 Break
- 11:15 - 11:45 Meditation
- 11:45 - noon Process experience, comments, questions
- Noon - 12:45 Light Lunch
- 12:45 - 1: 30 Presentation - Types of prayer and meditation practices
- 01:30 - 1:45 Guided Meditation
- 01:45 - 2:30 Wrap up and conclude



Questions E-mail

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