

Finding our Centre: Exploring Different Ways to Meditate



The Midland Unitarian Association is offering an enjoyable afternoon, giving you the opportunity to experience various different meditational practices for themselves... The practices will be set up in three different rooms, in timed sessions, so there will be ample chance to try each of them: **walk a labyrinth**, participate in **sensory exploration**, do a traditional **seated meditation**, or **lectio divina (sacred reading)**.

We are also planning some social time in the middle of the afternoon, plus a shared meal at the beginning, so that you are able to spend time with old friends and make new ones...

- Where:** Unitarian New Meeting, Ryland St, Birmingham B16 8BL.
Dates: Saturday 19th October 2024
Times: 12.00 noon to 4.00 pm
Cost: FREE (to people from MUA congregations)
£10 (to people from outside the MUA)

Refreshments will be provided during the afternoon. You will need to check whether you need to pay a congestion charge, as UNM is located in Birmingham's inner city.

Name Congregation

Address

Please return this slip to Sue Woolley, District Minister, The Midland Unitarian Association, 5 Martins Road, Piddington, Northampton NN7 2DN, by Friday 11th October 2024 or e-mail me at revsuewoolley@gmail.com