

take time together

five week introductory course

Join us on a five week journey to discover the power of Christian mindfulness meditation.

Taketime meditations use your imagination to provide a calm, comfortable space in which to meet God through encountering Jesus in the Gospels and find peace.

All are welcomed to enjoy these meditations, which are intentionally inclusive, non-directive and experiential.

No faith background or knowledge is needed to attend, enjoy and benefit from this Taketime introduction.

When: Tuesday evenings between 1900-1945;
or Wednesday Afternoons 1400-1445

Where: on Zoom (link will be given)

From: Tuesday 13th October and Wednesday 14th October

Please contact Sally Eyes on 07743660155 for more details or to register for this course