

TRY MEDITATION EVENING

Join other members to meditate and practise Step 11

7.30 pm, Tuesday, 29 November



We welcome you to PEACE OF MIND MEDITATION GROUP in SOUTH YARRA at 7.30 PM, TUESDAY NIGHTS

Venue: St Joseph's Hall, Fitzgerald Street, South Yarra – follow the signs when you arrive, we're in a new room being the main hall itself.

The meeting begins with a short meditation followed by sharing on Step 11 or on your recovery in general. It is a one-hour meeting.

The type and length of meditation varies from week to week, e.g. 8 – 15 minutes usually, live or recorded, it could be guided or just using silence to meditate, contemplate or reflect.

You don't need to have completed the other Steps if you want to practise Step 11. Everyone welcome.

We would love to see as many newcomers and members as possible on the 29th as an opportunity for everyone there to pass on or pick up tips on meditation and practising Step 11 and have a cup of tea too.

Please contact Patrick B on 0419 390 227 if you would like any further information.

Transport / parking – Close to South Yarra train station and trams. Car parking available behind the church (we have a pass to open the boom gate). Please note there is no access to the church car park from the Chapel Street end of Fitzgerald Street.