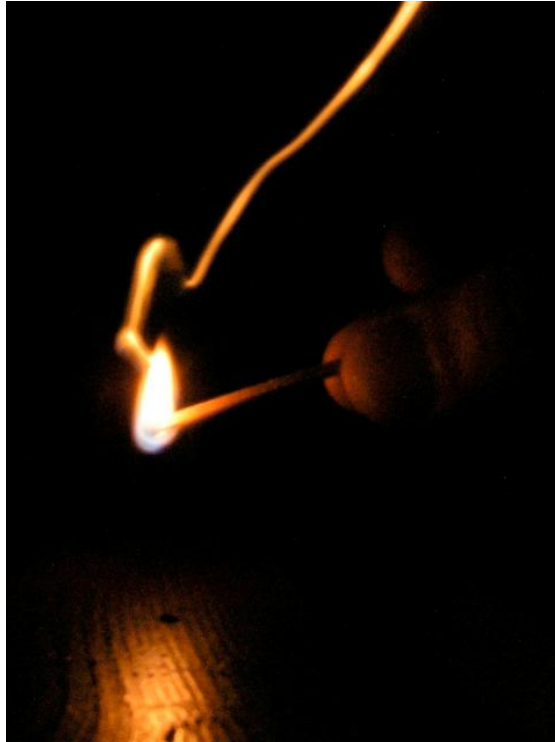


simple still silent



this space is not for sale

### **Christian meditation**

Breathing space together with St. Mary's will be hosting times of meditation in the beautiful setting of this 12<sup>th</sup> century church.

Christian Meditation leads us into a simple and powerful way of praying. It offers a practical tool to enable us to go beyond thoughts, words, images and emotions and become more aware of the presence of God in the inner depths of our being. We will give a gentle, practical and inclusive introduction to this practice.

We welcome people of any faith or none to join us.

**When:** Every Wednesday from January 11<sup>th</sup> 2006 - 7.30-8.15pm

**Where:** St Mary's Church, East Barnet, Herts EN4 8XD

**Who:** Amanda Miles 020 8441 8903 [bspace@btconnect.com](mailto:bspace@btconnect.com)  
Richard Watson 020 8368 3840 [rector.smeb@surefish.co.uk](mailto:rector.smeb@surefish.co.uk)

*"There is more to life than increasing it's speed" Gandhi*