



"Meditation Mondays" this summer at St. Peter's!

In the hustle and bustle of our daily lives, it's rare to find moments of true stillness. That's why we're inviting you to join us for a refreshing pause at St. Peter's every Monday evening this summer.

Meditation is a universally acclaimed practice for nurturing well-being, embraced by both spiritual traditions and the secular world. Meditation is in essence a practice of "doing nothing", however it is one of the greatest investments we can make in ourselves. Through cultivating presence and deepening our awareness, we enrich our experience of life.

What: 30 minutes of silent contemplation in the serene setting of St. Peter's.

Who: Whether you're a seasoned meditator or a curious newcomer, all are welcome to participate. No experience necessary, just a willingness to embrace the beauty of "doing nothing".

When: 5:30pm, every Monday in July and August

Where: St. Peter's On-The-Rock church

Join us this summer for "Meditation Mondays" and explore the profound benefits of stillness in the company of friends and fellow lakers!

Questions? Andy Bouffard (Andrew.s.bouffard@gmail.com)