



SUNDAY, MAY 22

4 - 5 PM

**MEN
&
SPIRITUALITY**

This is a monthly ONLINE meeting of men who are interested in deepening their spiritual wisdom, experience, and practice. Each session will focus on discussing a predetermined topic or short essay and include a brief guided meditation. Join us to share your thoughts and also hear the experiences of others. This forum would also allow you to find spiritual solutions to some of the questions you might be pondering.

**Contact us:
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