



Guided Meditation Wednesdays at 7 p.m.

Grace St. Paul's has offered an in-person Interfaith Meditation on Tuesday evenings for many years. To replace that tradition in these times, The Rev. Lynn Hunter is offering a new Guided Meditation. This form of meditation uses an adaption from the Buddhist tradition of loving kindness. It is a guided meditation based on the work of Sharon Salzberg. The meditation will last approximately 30 minutes. It is open to anyone who would like another means of connection, to deepen their spiritual life and to offer loving kindness. If you are looking for another anxiety reducer, come check it out every Wednesday evening at 7 p.m. Five minutes of introduction and check-in will be followed by the guided meditation itself at 7:05 p.m.

Join Zoom Meeting: <https://zoom.us/j/97338942835>