

SPACE FOR YOU



Meditation Sessions at St. Nicholas Church Brighton Church Street, Brighton, BN13LJ

The meditation sessions offer an opportunity to nurture some space and inner-wellbeing for yourself every last Monday of the month – on the penultimate Monday in May due to the Bank Holiday - from 1.00-2.00pm (There will be no last Monday meditation August.)

Sessions are led by David Ingledeew & Chris McDermott:
Mondays 24th April; 22nd May; 26th June; 31st July;
25th September; 30th October; & 27th November.

For more information contact the Parish Office:
parishoffice@stnicholasbrighton.org.uk

or

Chris McDermott: Chrismcd54@aol.com
David Ingledeew: David.ingledew2@ntlworld.com

(Coffee, tea and refreshments will be available afterwards.)