

SPACE FOR YOU IN 2025



All beings welcome!

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 27th January; 24th February; 31st March; 28th April
19th May; 30th June; 28th July; 29th September; 27th
October; & 24th November.

The meditation sessions are non-sectarian and open to
everyone

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)