

## ‘Prayerful Stillness and Meditation’

Starts Monday 28<sup>th</sup> Oct 2.00pm – 3.30pm – West Monkton area

A small number of people in the benefice have expressed interest in doing some prayerful stillness and meditation. To this end we are starting a series of 4 weeks starting 28<sup>th</sup> Oct to explore different "techniques" (*in the West Monkton area*).



- 1) Stillness with a sentence from the Bible
- 2) Stillness and Bible story
- 3) Stillness and music
- 4) Stillness and contemplation.

These will be 'taster' sessions. For some, this will be something totally new and unexplored.

Sign up through the Benefice Office – FREE

Tel: 01823 451257 or Email: [office@southquantockbenefice.org.uk](mailto:office@southquantockbenefice.org.uk)



(The churches of West Monkton, Kingston St. Mary,  
Broomfield & Cheddon Fitzpaine))