



Advent Evening Guided Meditations

"All the darkness in the world cannot extinguish the light of a single candle." St. Francis

Wednesday Evenings

Dates: Dec 2, 9, 16, 23

Time: 7:30pm - 8:00pm EST

Fee: \$10 per evening or \$35 for all four evenings.

Join for one or all four!

All meditations are online.

No prior meditation experience necessary.

Facilitator: **Ms. Maureen DeBellis, Spiritual Director**

Registration: [HERE](#), or call 610-258-3053, ext. 10.

Please register by 4 pm on the Monday before the Wednesday meditation evening.

Thank you. ZOOM link will be provided after your registration.

Guided Heart Rhythm Meditations each Wednesday in Advent: Each week we will join together and meditate as a community on the sacred gifts of the Advent season.

Peace and all goodness!