

Name of Small Group:

Relaxation & Meditation

Facilitator of Small Group:

Marilyn Bridgman &
Joyce Bruder

Place of meetings:

Trillium United Church
Parlour (beside kitchen)

Starting date of Group:

Monday Jan. 11, 2010
Number of weeks to be
determined by participants.

Time of meetings:

9:00 AM to 11:00 AM

For further information, please call
Marilyn Bridgman: 519 621-5775.
New participants are welcomed
at any time.

Description on Reverse

Relaxation & Meditation

Does your busy life leave you feeling that you
have little time for yourself or for God?

Do you need to learn how to relax?

Do you need to learn to focus and listen to
God's voice?

Do you need to open your self to His Spirit?

A small group has three important goals in
spiritual formation and development:

Inward (personal spiritual growth)

Outward (minister to others)

Upward (praise/worship of God).

These goals are part of the core values and
beliefs of Trillium.

This small group (5 – 8 people) will give you
the opportunity to work on these goals, with
the help of breathing exercises, readings,
and music.