

# meditation + reflection

thursday 7pm  
imperial beach united methodist church  
455 palm avenue

*Come, experience silence.*

COME, EXPERIENCE SILENCE...  
every Thursday at 7pm  
at IB United Methodist Church.  
30 minutes of sitting meditation  
30 minutes of reflecting ...  
on Richard Rohr's "The Naked Now".  
This is open to all, no fee,  
no experience in meditation required.  
Come and experience silence.