



# Online Meditation Group

Taketime meditations use your imagination to provide a calm, comfortable space in which to meet God.

All are welcomed to enjoy these meditations, which are intentionally inclusive, non-directive and experiential.

No faith background knowledge is needed to take part, enjoy and benefit from this Taketime.

**23-Aug, 20-Sep, 4-Oct, 8-Nov, 6-Dec**

**Time: 7.30 – 8.15pm**

(further monthly dates TBC)

For more information or Zoom login details please contact [taketime@waldenarmy.org.uk](mailto:taketime@waldenarmy.org.uk)