

BE STILL,
AND KNOW THAT I AM GOD



Through the Desert into the Heart

The Canadian Christian Meditation
Community Invites you this Lent to

*An introduction to Christian Meditation
for Young Adults (ages 18-45)*

FOUR WEEKLY IN-PERSON SESSIONS

Every Wednesday starting
March 19th - April 9th

7:30pm 8:45 pm



St Basil's Church, 50 St Joseph Street



Museum station, Toronto

Facilitated by: Jose Cuervo, MPsy, MTS

Suggested donation \$40

Registration required at:

<https://bit.ly/4wkIntro>

For more information:

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