

"On Awakening Meditation"

Monday-Friday

7:00-8:00 a.m.

St. Paul's Episcopal Church

2117 Walnut Street

Bellingham, WA

This meeting format features 10 specific excerpts from the *Big Book*, which we read aloud, as well as readings from *Daily Reflections* and other literature. The readings are then followed by 20 minutes of silent meditation. We finish the program at 7:45, and some of us remain for conversation and fellowship until about 8:00 a.m.

**(Across Walnut Street from Old Parish Hall where Old Town/Old Timers meeting is held.)
Enter from the Lower Level Garden inside gate and down stairway.**

This meeting is a great way to get centered at the beginning of the day. Stop by and check it out.

For further information, contact: Bret H. 360-220-8506 or Erik A. 917-442-0227.