

MEDITATION

Step 11's Least Understood Action

**Come Join us for an Exploration
into what Meditation is and
What it Can do for YOU!**

- How, When and Why We Meditate
- AA and Al-Anon Perspectives of Meditation
 - Practice Meditation



**1st SATURDAY
Of Every Month
1:30-2:30pm**



Quincy Serenity Club, 901 South 8th Quincy, IL

Hosting This Month: _____

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out