

Communicating with a Higher Power: Prayer, Meditation, and Journaling Through the Steps.

Zoom Workshop

Prayer: asking a question or deciding on a goal

Meditation: 13 different ways of mediation - 5 min or less each

Journaling: a conclusion to the action of prayer on mediation



Workshop will include practice of all 12 steps and breakout sessions for fellowship.

April 17 9:00am – 3:00pm (Central time)

Suggested donation - \$5.00 – All are welcome regardless of ability to pay.

Go to [Meditation Workshop](#) to register online. The registration deadline is ____.
The workshop link will be emailed to those registered the day before the event.

Or print the registration form.

Make check payable to Unity Intergroup and Mail to:

5115 Excelsior Blvd.

Box 325

St. Louis Park, MN 55416

Questions contact Mary G. at 952-758-7700