



Insight Meditation Community of Washington
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202.986.2922

Mindfulness Meditation Group

Mindfulness meditation is a spiritual discipline from the Buddhist tradition. By cultivating mindfulness, one is opened to true inner wisdom and compassion. This wisdom expresses itself in compassionate action, serving the world today.

Facilitators: Irene Honn and participants

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Wednesday Mornings 9:30-11 AM

Meeting in the Community Room of

*** Saint James United Church of Christ
10 East Broad Way
Lovettsville, Virginia**

The group time includes sitting meditation and a sharing period. Previous introduction to meditation is helpful
Open to all.

Donations for Saint James Church
are gratefully accepted.

For more information, call Irene Honn 540-822-5325
e-mail maxandirene@aol.com

- Directions: St. James is located on Broad Way, 1 block southeast of Route 287 in Lovettsville. Turn at the 7-Eleven.