

## **Weekly Mindfulness Meditation Sessions at St. Andrew's**

Led by Jeff Kay, these weekly, 30-minute meditation sessions are open to everyone and are free of charge.

Each meditation begins and ends with a short reading from a religious, psychological or literary source. Each person is invited to choose the readings for a month and the readings usually generate a short discussion. We welcome people who see meditation as a spiritual practice as well as those seeking to reduce their stress.