

Notre Dame of Mt. Carmel
CEDAR KNOLLS, NJ

Women's Guided Meditation



*Listen, find peace,
and get in touch with God within...*

WEDNESDAY, OCTOBER 21, 2015

7:30 PM

In the Resource Library

Our Women's Guided Meditation offers an opportunity to relax, listen, find peace, and journey deeper to find God within. The gathering will be led by parishioner and retreat facilitator Gail Mertz, who leads participants in an hour of prayer, guided meditation, and personal reflection for those who wish to share.

Give yourself this one hour of prayer and meditation to nourish your spirit and strengthen your faith. There is no need to register; just come and bring a friend!

*For more information, please contact Gail Mertz at 973-984-6455
or via email at gail_mertz@hotmail.com*