



An invitation to discover and share

Silence

Sacred Music

Sacred Dance

Inner stillness

through contemplative prayer and meditation

Wednesday 22nd November 2017

Join any session: arrive 5 - 10 minutes before it starts

Free admission, no booking necessary

**VENUE: Quaker Meeting House,
Temple Street, Llandrindod Wells LD1 5HF**

- 10.00: Welcome and introductions: to each other and to the day**
- 10.30: Quaker 'Experiment with Light' with John Senior**
- 11.50: Julian Meeting with Judith Lloyd Thomas**
- 12.35: Sacred Music performed by John York Skinner**
- 12.55: Lunch (bring your own, as silent as feels appropriate)**
- 1.40: Buddhist Meditation with John Senior**
- 2.45: Sufism and Dances of Universal Peace led by Karim**
- 3.30: Silence: in the style of Friends' Meeting for Worship**
- 4.00: Thanks and farewells**



For further information please ring
01597 870277