



Contemplative Meditation Group

Meditation is the practice of focusing or quieting the mind. It's a way to be in the present moment, experiencing stillness and silence, and to release stress and unlock our potential for compassion and creativity. The term contemplative meditation describes practices which open us to a relationship with the divine.

During Covid the Meditation Group is livestreamed on [facebook/ststhomaspilgrim](https://www.facebook.com/ststhomaspilgrim) Community

A small group (max 6 people) meets in the Vicarage and it is essential to book via email jutta.brueck@cofesuffolk.org to attend

Venue : St Thomas Vicarage
102 Cromer Road
Ipswich, IP1 5EP

Day: Tuesdays 7.30-8.30pm

Tel: 07958 360564

“Contemplation is a gift from God”
(Teresa Avila - Spanish Carmelite Mystic, 1515-1582)