



# MEDITATION INSTRUCTION

Wednesday's from 7:00-8:30 March 6 through April 10

**Second Congregational**  
50 Park St.  
Attleboro MA  
7-8:30 PM  
\$45.00 (Non-Members)

Much has been written about being open to the present moment, or living an awakened life, but knowledge such as this cannot be learned from books. Only by developing a stable practice

with a tested teacher can progress be made. Learn the basics of insight meditation and the contemplative arts from an ordained spiritual leader with twenty years of daily practice and teaching

experience. Beginners and experts are welcome. Mindfulness is important for anyone.

Register with Rev. Vern Wright  
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508-409-8258