



ST JOHN THE  
EVANGELIST  
UPPER NORWOOD

JOIN US FOR A TIME OF REFLECTION &  
**SILENT MEDITATION**

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**MONDAYS 6-7PM**

**TUESDAYS 3.30-4.30PM**

THE PARISH CHURCH OF ST JOHN THE EVANGELIST  
THE CORNER OF SYLVAN ROAD AND AUCKLAND ROAD, SE19 2RX

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We are a small, welcoming movement of people who meet in the warm heart of the church to explore the practice of silent meditation. We follow a very simple method, drawing on the teachings of the WCCM (World Community of Christian Meditation). We started to gather in March 2016 and have just kept coming. We are people of all faiths and none and our common ground is a desire to journey with others into the depths and mysteries of silence. Come and join the adventures. There is no cost, and we share tea and coffee afterwards if you want to stay and socialize.

FOR MORE INFO CALL: CLARE (MON) 07507 778675 OR BERNI (TUES) 07502 411918