



RECOVERY  
COMMUNITY  
CENTER  
DES MOINES

# MEDITATION

## TO SUPPORT RECOVERY AND HEALTH

All are welcome for this time of silent meditation.

No experience with meditation is necessary.

We'll share a reading or short teaching moment,  
followed by 20 minutes of silent meditation.

If time allows, we may have some discussion  
to support your meditation practice.

For more information, contact Paul Witmer  
[paulwitmer@msn.com](mailto:paulwitmer@msn.com)

### THURSDAYS AT 1:15PM

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