

# *Rev. Anne Marie Appleton*

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## *Spiritual Growth Circles*

You are INVITED! Attend in person in Nanaimo by reserving a seat,  
or by Zoom, from Anywhere!! Bring a Friend for more FUN!!

Email or Text me for the links, please... Last minute is generally ok. =)

No one turned away for lack of funds.

*Sunday Celebration Circle* – A simple soul-nourishing, weekly gathering for sharing, gratitude, music and a guided meditation. **Sunday mornings at 10am till 10:30, from Jan 4th to March 29th.** About 30 minutes. Starting again mid April. Suggested donation of \$10+ (if not a hardship)

*Wednesday Meditation Made Easy* - Includes a general discussion/instruction about meditation, some group sharing, which is always optional, and a guided meditation for grounding and rejuvenation. **On Wednesdays at 7pm, till about 7:45pm, Jan. 7th to March 25th.** Suggested donation of \$10-20 sliding scale. (if not a hardship)

*Goal Setting Workshop* – Your intentions and actions create your life! 😊 Set YOUR GOALS (intentions) in every area of your life. Very supportive, FUN, no pressure environment! Set new and/or reassess previous goals and get INSPIRED into action!! Guided meditation included. **Saturday January 31st, 9:30am to about noonish.** (may go longer if needed for the group) \$10-45, sliding scale. (Next date to be determined, likely in February)

**“Cause we can never be over meditated! Right?!” ~Rev. Anne**