



Beginning on Thursday, January 3rd from 10:00 am to 11:00 am a Centering Prayer practice will begin at the First Church in Belfast, UCC . This meditation offering will continue meeting weekly in the First Church library.

Please use the Spring Street entrance and be seated by 10:00 am.

For further information please contact Pat Kaplan at 617 633-9627.

For more information on the practice of Centering Prayer, here is a web page link:  
<https://www.contemplativeoutreach.org/category/category/centering-prayer>