

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Sunday, September 25<sup>th</sup>
12:30 – 1:30 p.m.
OA Office
1219 E. Glendale Ave #23
Phoenix, 85020

Join us at 12 noon for an optional bring-your-own lunch.

Bring a yoga mat or towel if you prefer to lie down for the meditation.

Bring a notebook and pen for the writing exercise.

