



SUNDAY  
**MAR**  
**31**

10:00 AM - 11:00 AM

📍 CENTRAL BAPTIST CHURCH

## Eastertide Mindfulness: Living Well Class

This week, we'll explore breath prayers, the wisdom of mystics, and other spiritual practices to help open our hearts to the new life God brings. Often learning involves unlearning, letting go of some of our entrenched patterns of thought to see the work of the Divine anew. We'll share and discuss simple practices that can help us turn our attentions to God's presence.