

# Interfaith Meditation Gatherings

Thursday Nights 6:00 -6:50 pm



## Sittings at Sycamore Church

1111 Navellier Street  
El Cerrito, CA 94530

[www.sycamoreucc.org](http://www.sycamoreucc.org)

510-525-0727



*Come, sit, and settle into the mystery of "now"*



**What:** We will explore a variety of Christian and Zen Buddhist meditation and mindfulness techniques together as spiritual companions. No experience required. All are welcome!

**Who:** This is a joint ministry of Sycamore Congregational and Mira Vista UCC churches, drawing upon practices of Open Door and the Mercy Center's East West Program

**Cost:** Free will donations accepted