



Things That Help Me Grow...

Free on the **last Friday of the month?**
 People of all faiths and none are most welcome.

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| <p>29th January</p> | <p>Gordon Spence Spiritual Mountains, Yoga & Quakerism Gordon has climbed many mountains both physically and spiritually. Tonight, he will be sharing his spiritual journey involving yoga and Quakerism. Gordon has been a Yoga teacher for some time.</p> |
| <p>26th February</p> | <p>Jacqueline & George Dow Ways of Christian Meditation: A look at the theory and practice of four ways, followed by a practical experience of a fifth George and Jacqueline are fellow travellers with an interest in spirituality, our environment and community. They have led a previous inspiring evening on circle dancing.</p> |
| <p>26th March</p> | <p>Estella Lovett Quakers and Buddhists, spiritual equality and religious self scrutiny Estella is an elder of West Kent Meeting, and an associate tutor at Woodbrooke College. She is a strong believer in the Quaker principle of a 'priesthood of all believers'.</p> |
| <p>30th April</p> | <p>EASTER RECESS</p> |

Meets at Sutton Friends Meeting House
 10 Cedar Road, Sutton, Surrey SM2 5DA
 Every last Friday of the Month
 between 7.30 - 9.30pm

Contact Ashok on 020 8647 8141 or ashok@jashapara.com for more current details