

ST JOHN THE BAPTIST  
PARISH OFFERING:

# Mindfulness Meditation Experience

Discover "The Gold" Within

**AN 8 WEEK OPPORTUNITY  
TO DISCOVER, LEARN AND  
PRACTICE MINDFULNESS.**

Starting:

Thursday, September, 22nd at 7pm  
and runs through

Thursday, November 10th, 2022

at St. John's Church  
632 South Broad Street  
Mankato, MN

Coordinator: Barb Traxler

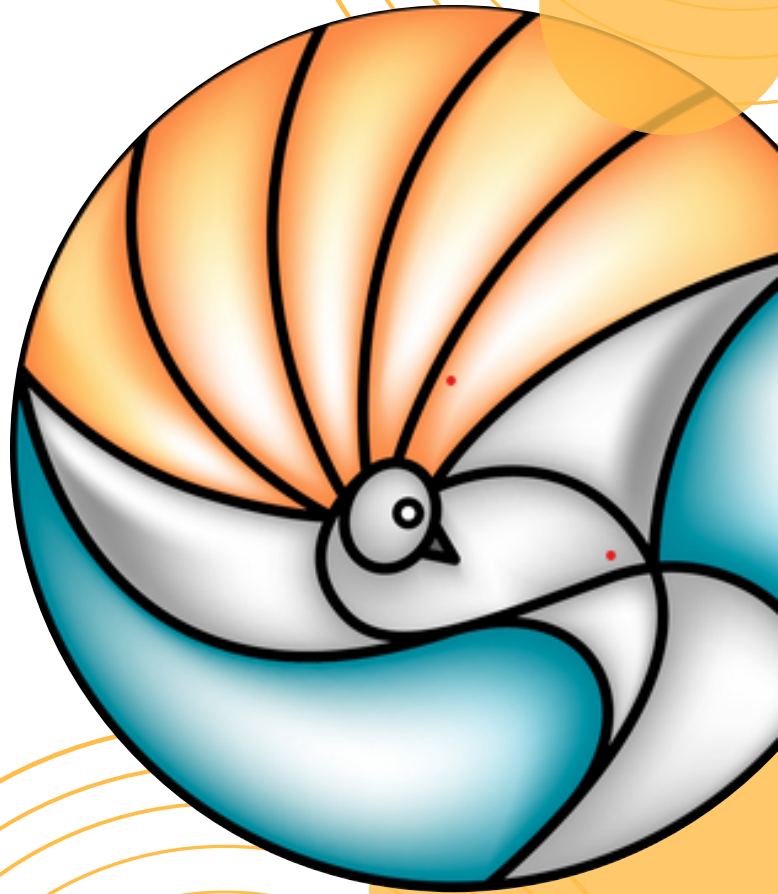
with guest speakers throughout sessions

To sign up and for questions:

Contact the Parish Office

(507) 625-3131

or email: [mbtrax88@gmail.com](mailto:mbtrax88@gmail.com)



"Transformation is often more about unlearning than learning" ~Richard Rohr

## SIGN UP TODAY

The goals of this offering are:

- To learn and experience the practice of meditation and mindfulness;
- To increase your awareness of *The Gold* within and around you;
- To discover the spiritual teachings of Richard Rohr, Thomas Merton, Thich Natch Hahn, Anthony DeMello SJ and more.

Get in touch with us with questions or to sign up  
- Call the Parish Office at (507)625-3131 or email:  
mbtrax88@gmail.com.

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to discover "*The Gold*" within!  
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November 10th

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