

Mondays at The Oratory

**October 26, 2020
7:00 – 8:30 p.m.**

Mindfulness, Meditation, and the Intersection of Christian and Buddhist Spirituality

In this conversation, we will discuss mindfulness, a movement that is gaining great popularity in our culture and utilized everywhere from self-help, to elementary schools, to the military. We will explore mindfulness from the perspective of Christian mysticism, prayer, and spirituality. We will also consider mindfulness from a Buddhist perspective.

Space is limited, so pre-registration is required.



Registration for *Mondays at the Oratory* may be made in one of the following ways:

**Through the Oratory website: www.rockhilloratory.org Go to Center for Spirituality / Events
*Please indicate October Monday in the Questions/Concerns section.***

OR

By email to oratorycenter@gmail.com with October Monday in the subject line.

If you have any questions, please contact the Center at the above email address.