



Slow Walk for Peace

*"Guide our steps into the way of Peace."
Psalm 51*

*Cultivating inner peace and sending
that to our world through every
breath and step*

A Slow Walk

*is a form of
meditation.*

*We notice our
breathing, place
our feet gently on
the ground, move
slowly, and
appreciate the
"beingness" of all
things along the
path.*

September 25, 2014, 6-7PM
(Door opens at 5:30PM)

Shalem Library & Grounds
3025 Fourth Street, Suite 22, Washington, DC
Near Brookland/Catholic U Metro Stop

Leader: Patience Robbins

The violence, hostility and division that we experience and witness in our world is a cause for deep concern. Gathering together for a Slow Walk for Peace gives us the opportunity to come together in community as we intentionally and silently pray to become channels for peace in our families, neighborhoods, cities, country and the world.

We will meet in Shalem's Library and begin with prayer and reflection at 6PM. We will then move to a meditative slow walk and conclude with brief sharing at 7PM.

Please join us in Washington, DC, or from a distance—with a walk in your community, by yourself or with neighbors, friends and family. If you'll be walking in your neighborhood, please email us to let us know and also post your own walk on Shalem's Facebook page.

There is no charge for this event, but please let us know you will join us in person!

Contact us at info@Shalem.org.

www. Shalem.org | 3025 Fourth Street, NE, Washington, DC 20017 | 301-897-7334