



Do you need some time out, to relax and slow down? Breathe in fresh air in the beauty of creation? To refresh and refill your whole being - to connect with the spirit in creation?

If you do, come and join us in nature, and immerse your senses in its beauty.

We are going to go on a slow wander, not too far and stopping occasionally. Ensure you have extra layers if the temperature drops and remember to dress appropriately for the weather.

You may want to bring a drink and something to sit on.

The first meeting will take place on **Wednesday 27th November at 1pm**

Contact Jo on jo.brown@methodist.org.uk, or, **07552121640**

for location details nearer the day.

All are welcome