



Moving, Meditating, and Meeting

Join us every Saturday in July at Merrill Park in Woodbridge Township at 7:30 a.m. for a little moving and then at 8:00 a.m. for a little meditating and meeting.

We will meet at the gazebo. From there, we can walk (spiritual stroll? run? or a brisk walk?) or whatever else you are **moved** to do.

Not feeling moved to move? Come for the fellowship and stay for the meeting.

After a little moving, we'll have a little meeting from 8:00-8:45 a.m.
The meeting will start with a few minutes of meditation followed by a different topic each week for sharing.

For directions to Merrill Park, visit <http://co.middlesex.nj.us/parksrecreation/merrill.asp>

Visit oa-centraljersey.org for a map of the park and our meeting location.

In case the gazebo is being used, bring a lawn chair or blanket to sit on.

Questions? Call Kim at 732-634-6695 (home number) or email kimoa@comcast.net