

Serenity Saturdays

Description & Credentials

Whether you're staying in for a night at home or feeling like you need some support, Serenity Saturdays is here for you. We are a virtual meeting with rotating formats on a weekly basis, time to get current and fellowship following the meeting.

We set aside brief time in each meeting to reflect through meditation.

Prior knowledge of meditation is not needed or expected.

We are a safe and inclusive space for all gender and sexual identities and welcome all sexual orientations.

Zoom Meeting ID: 845 9720 3980

Passcode: 123456

Members may join via <https://zoom.us/j/84597203980>

or phone: +19292056099,,84597203980#

or direct link <https://us02web.zoom.us/j/84597203980>