

# REST & RESET

Christian meditation  
A moment to press pause ||

📍 *St James Church Arnside*

**6:15 - 7:00PM**

FEB	APR	JUN
TUES 4 <sup>TH</sup>	TUES 1 <sup>ST</sup>	TUES 3 <sup>RD</sup>



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# REST & RESTORE

A time of prayer for healing & wholeness

📍 *St James Church Arnside*

**6:15 - 7:00PM**

JAN	MAR	MAY
TUES 7 <sup>TH</sup>	TUES 11 <sup>TH</sup>	TUES 6 <sup>TH</sup>



**2025 DATES**

