

MEDITATION AND MESSAGE WORK ("M & M")



Fellow friends and spirit seekers. "M and M" (meditation and message work) is held on designated Thursday evenings at 7:30 p.m. in the library at F.R.E.E. and directed by Frank Kotowski, Jr. These "M & M's" are a fundraiser for Summerland Church of Light, NSAC, and do not follow the guidelines of SCOL's unfoldment classes. Please join us. Arrive by 7:15 pm so we can start promptly at 7:30 pm. The suggested donation is \$5.00 and all are welcome. If you interested in joining us, please let me know:

frankhealer120@lycos.com or (631) 316-1588

I will put you on my mailing list and notify you of upcoming "M and M's." If you are coming for the first time, please enter by the front entrance off of Plant Avenue since the side entrance that we use for services will need to be kept locked.

