

# Centering Prayer

Monday - Friday 8:25 a.m.	Albuquerque	Center for Action and Contemplation Contemplative Prayer 1823 Five Points Rd. SW Albuquerque, NM 87105 505-247-1636
Tuesdays 3:00 - 4:00 p.m.	Albuquerque	The Cathedral of St. John 318 Silver Ave SW Albuquerque, NM 87102 Martha Ernest 505 293-1757
Tuesdays 7:00 p.m. Wednesday 10:00 a.m.	Albuquerque	St. John XXIII Church in Small Chapel 8431 Tramway Ridge, NE Najla Sluder nmbonnie@yahoo.com or 505-291-9958
Wednesdays 5:00 p.m.	Rio Rancho	St. Francis Episcopal Church 2903 Cabezon Rd. Rio Rancho, NM 87124 505-328-8300

## Buddhist Meditation

Albuquerque Insight Meditation Center  
200 Rosemont Ave NE (Google map)  
Albuquerque, NM 87102

Go to: <http://abqinsight.org/events/>

- Monday - Friday, 6:30 - 7:30 am
- Wednesday, 3 - 5 pm
- Thursday, 6:30 - 8 pm (Meditation, gathering, Dharma talk)
- Friday, 3-5 pm
- 2nd & 4th Friday, People of Color (POC) Group 5:30 - 7:30 pm
- Saturday, 8 - 10 am