

SPACE FOR YOU IN 2026



All beings welcome!

Meditation Sessions at St. Nicholas Church Brighton Church Street, Brighton, BN13LJ

The meditation sessions offer an opportunity to nurture some space and inner-wellbeing for yourself every last Monday of the month – on the penultimate Monday in May due to the Bank Holiday - from 1.00-2.00pm (There will be no last Monday meditation August.)

Sessions are led by David Ingledew & Chris McDermott:
Mondays 26th January; 23rd February; 30th March; 27th April
18th May; 29th June; 27th July; 28th September; 26th October;
& 30th November.

The meditation sessions are non-sectarian and open to
everyone

For more information, contact the Parish Office:
parishoffice@stnicholasbrighton.org.uk

or

Chris McDermott: Chrismcd54@aol.com
David Ingledew: David.ingledew2@ntlworld.com

(Coffee, tea and refreshments will be available afterwards)