



# Guided Meditations for Ordinary Time: Courage, Loss, Gratitude and Needs (Quiet Place Apart)

*Jane E. Ayer*

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Including a 52-page teacher's guide and one audio cassette, these meditations on the themes of courage, loss, gratitude, and needs can be used in various settings with people of all ages. The leader's guide contains directions for preparing for the meditations, the meditation scripts, and directions for follow-up after the meditations. The cassette contains recordings of the meditation scripts, recorded with a background of original and specially composed music.

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