



**Rutherford Hall Introduces  
A Meditation Class**

**Brief Lesson, Silent Meditation, & Q&A**

**Wednesdays**

**Oct. 4, Nov. 8, & Dec. 13**

**6:30 - 7:30 pm**

**All 3 Classes - \$39 or  
\$15 per Class**

**Rutherford Hall ~1686 Route 517  
Allamuchy, NJ**

**To Register or for more details,  
please visit our website at**

**[www.rutherfordhall.org](http://www.rutherfordhall.org) or call**

**(908) 852-1894 ext. 338**

**Facilitated by *Jean Marie DuHamel, MA***

**FOSTERING THE  
JOURNEY**  
with Jean Marie