

**Cadeirlan Bangor Cathedral**

**St John's Methodist Church**



**Thursday 7 February 2019  
from 12.30pm till 1.30pm  
in Bangor Cathedral, LL57 1RL**

**“Joint Mindfulness Service:  
Israel & Palestine”**

**led by Revd John Howard (recent Methodist  
Mission Partner there; now Superintendent  
of Bangor & Holyhead Methodist Circuit)**

**followed by John signing his book “Letters  
from Bethlehem: 2 years in the West Bank”**

**and lunch for all**