

Summerland Church of Light, NSAC continues with this month's

SPIRITUAL DISCUSSION CIRCLE



Saturday, February 2, 2019

Time: 12:30 – 1:15 PM

TOPIC: Self-Care Practices

Join us for an informal, open-hearted discussion where we will experience sharing, listening, learning, healing, and caring for one another.

“How we care for ourselves gives our brain messages that shape our self-worth, so we must care for ourselves in every way, every day.”

— Sam Owen

“Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.”

—Howard Washington Thurman

The duration for this circle will be for approximately 45 minutes.

Moderator: Wendy Hodor

Donation: \$10.00



Summerland Church of Light, NSAC

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