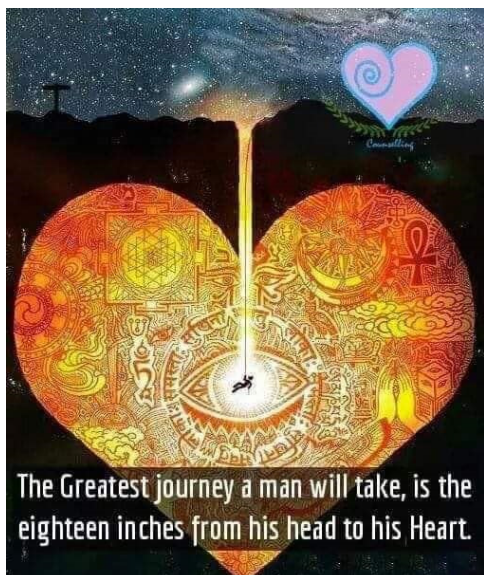


Sitting with the indwelling spirit. Resting in stillness



The aim of the day:

- to give ourselves the gift of time and silence
- to experience gentle new and old spiritual practices that lift and nourish
- to come to a deeper understanding of our own place of inner stillness
- to develop the unique way each of us comes to it

Time will be given for personal reflection and journaling to focus on our own inner experience.

There will be no group sharing.

Facilitator: Elaine Bartlett

Elaine's career has spanned over 25 years in the area of health and wellbeing. Her deep interest in spirituality and people led her on a journey from studying comparative religion and psychology to a career in supporting people's wellbeing, through holistic counselling, (mind, body and spirit) and mindfulness practices. Her current role as a pastoral carer and her experience, enables her to facilitate workshops that provide an opportunity to deepen spiritual experience.



Date: Saturday 7 August 2021

Arrive 9.00 am for a prompt 9.30am start and finish at 3.00 pm

Venue: SYCHAR (House of Prayer and Spirituality),
69 Margaret Street, Toowoomba

What to Bring: Journal and writing materials
Lunch (Tea/coffee is provided)

A gift towards Sychar's ongoing mission would be appreciated

Registration

ALL bookings to be made via trybooking <https://www.trybooking.com/BSWZR>

NOTE:

If you have difficulty with trybooking, you may call Sr. Elaine at 0458 020 906 to be led through the trybooking process.