

Nourishing Space workshop

LAY YOUR BURDENS DOWN

Release • Rest • Grief • Hope • What Is Mine to Carry?

You do not have to deny what has happened, minimize what is still happening, or force yourself to "move on." For this moment, you are invited to notice what you are carrying, receive support, and decide what you can lay down—even temporarily. God can meet you in what remains.

WORKSHOP DETAILS

Saturday, November 7th at The Center
107 Carson Road
Ferguson, MO 63135
9:30 AM-12:15 PM
$55 per person*
*scholarships available

WHAT TO EXPECT

Mindful Movement
Spiritual Reflection Practice
Light snacks provided

REGISTER HERE

Email chaningellasch@stl-ccc.org or tiffanynevil@stl-ccc.org with questions