SUNDAY AFTERNOON
SOUL STUDIO via ZOOM

Finding Rest and Renewal Through Soulcollage® & Poetry

1st Sunday of the Month

1:30 to 3:30pm PST

(w/optional introduction to SoulCollage at 1:00pm)

January 2 - Discovering New Life

February 6 - Breathing Deeply

March 6 - Inviting Joy

April 3 - Resting in Beauty

May 1 - Opening to Love

June 5 - Taking in the Good

July 3 - Connecting w/Nature

August 7 - Inviting Delight

September 4 - Celebrating Friendship

October 2 - Harvesting Wisdom

November 1 - Cultivating a Grateful Heart

December 6 - Finding Deeper Ground

facilitated by Joan Stockbridge, *a trained SoulCollage® facilitator*

Soulcollage® is a playful and accessible process, usually enjoyed even by "non-artists." It is a profound way to access inner resources, allowing insight into our gifts as well as our challenges and providing a gentle way to work with both.

The monthly Soul Studio is an online oasis, a time to step away from stress and connect with sources of strength, hope and joy. Each Soul Studio will be framed with a poem, often by Rumi, Mary Oliver, Wendell Berry or other wise poet. We'll open and close with a breath practice or grounding meditation, followed by abundant time for individual cardmaking and facilitated optional sharing. Participants have found that their soulcollage cards have become powerful reminders of goodness and strength throughout the month. Emails will be sent before and after each session, with additional prompts for further exploration, if so desired.

Joan Stockbridge is a trained Soulcollage® facilitator and spiritual director who regularly leads groups from various and diverse backgrounds. As a poet and storyteller she facilitates workshops using sacred stories and texts for transformation and healing. Her own contemplative path has led to working in pastoral and outreach ministries.

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REGISTRATION - Sunday Afternoon Soul Studio (1:30pm to 3:30pm PST)

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____

Credit Card # _____ ___Visa ___ Mastercard ___Amex Exp. Date _____CID _____

Cost: □ $20 per session   What date(s) will you attend? _____

For each session you'll need a journal, gluestick, scissors, magazines and 5 X 8 cardstock.

Send registration to: **Mercy Center Auburn** • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019
or register online at www.mercycenter.org