

OPENING THE HEART

2023 Monthly Online Oasis via ZOOM

facilitated by Joan Stockbridge, a trained SoulCollage® facilitator



2023 DATES

3rd Wednesday of the Month

1:00 to 3:00pm PST

(w/optional introduction to
SoulCollage at 12:30pm)

January 18 (*Opening to Conditional Love*)

February 8 (*Welcoming Our Brokenness*)
(2nd Wednesday)

March 15 (*Forgiving Ourselves & Others*)

April 19 (*Trusting in Goodness*)

May 17 (*Finding Common Ground*)

June 21 (*Developing Gratefulness*)

July 19 (*Overcoming Separateness*)

August 16 (*Recognizing Partial Selves*)

September 20 (*Seeing Our Hidden Wholeness*)

October 18 (*Cultivating Generosity*)

November 15 (*Living Whole-Heartedly*)

December 20 (*Opening to Oneness*)

Our monthly online gatherings will use sacred texts, poems, Soulcollage® and other creative processes for reflection, renewal and restoration. Soulcollage® is a profoundly playful and accessible process, usually enjoyed even by “non-artists.”

Our theme for 2023 is Opening the Heart. We’ll explore many aspects of compassion, including compassion for ourselves, others and creation. Themes will include hospitality, forgiveness, healing, courage, hope, wisdom, acceptance, resilience, imperfection and grace. Each session will stand alone; newcomers are always welcome. An optional introduction to Soulcollage® will be offered at 12:30. Come join us on the third Wednesday of the month!

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.

REGISTRATION - 2023 Opening the Heart: Monthly Online Oasis (1:00pm to 3:00pm 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