

# 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)*



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

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 6 - Cultivating a Grateful Heart  
December 4 - Finding Deeper Ground

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.

## 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](http://www.mercycenter.org)