

# *HEALING CIRCLE*

**Monday, January 14  
7:00 – 8:30 p.m.  
in the Parish**

We live in challenging times and are often busier than we wish to be. We are pressured and start to worry beginning at an early age. As we get older, juggling careers, families, and maybe even the needs of older parents adds more stress. We are concerned as to whether we have enough resources to see us through to the end of life.

The media keeps us in a constant state of fear and anxiety. Although we feel powerless to change the current American atmosphere, we can learn to slow down and give ourselves a much-needed time out.

To that end, the Healing Circle is offered as a way to take a step back from the chaos of life and do something just for ourselves. It is an invitation to take some time to retreat, relax and just "be."



The Healing Circle is a safe and sacred space. Following a brief guided meditation to relax and center, practitioners will offer healing in a variety of modalities including Reiki, Healing Touch, and Shamanic Healing. This can be either hands on or off and is done in a way that respects personal boundaries.

Recipients are also invited to place intentions and prayers for loved ones in the Healing Basket.

The Healing Circle will be offered the second Monday of each month.

The Circle is offered by donation in the Spirit of Love.