



**“I’M SPIRITUAL, NOT RELIGIOUS.”  
...WHAT DOES THAT MEAN?**



# SHORT COURSE *on* SPIRITUAL PRACTICE

Introducing a number of ancient practices that will help you explore your spirituality. While taught from the Christian perspective, the course is open to people of all faiths and none.

**MEETING SUNDAY  
AFTERNOONS**  
AT 16:30 FOR ABOUT AN HOUR.

March 8—Meditating: being still

March 15—Praying: talking and listening

March 22—Journaling: writing for clarity

March 29—Forgiving: healing relationships

April 5—Thanking: gratitude for what's good



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