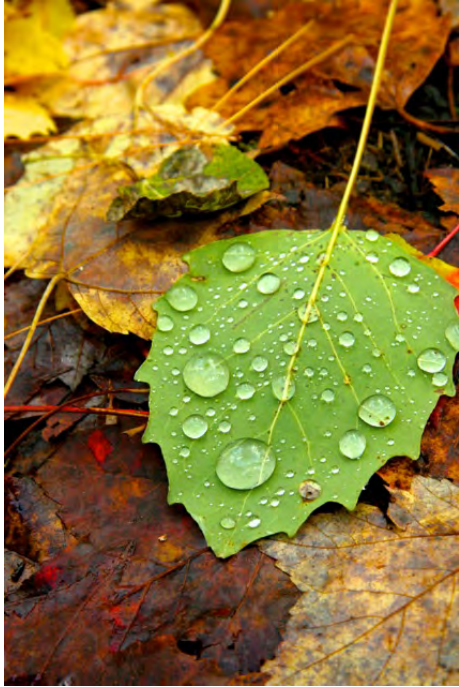


“Mindfulness and Thanksgiving: Living Ever So Fully...”



In approaching Thanksgiving, how might the Spiritual Practice of Mindfulness awaken in us a sense of wonder, mystery, and gratitude for being alive?

We live in a fast paced world, with habit-driven behavior robbing us of peace. Often a sense of awe and inspiration may be fleeting at best. The question is: *how* do we ‘wake up, step into, and fully live all of our moments?’

As we become aware of inner resources already present within us, even in challenging circumstances, a sense of the sacred can grow through the practice of Mindfulness.

Come join us for an Evening of Mindfulness: an engagement in rediscovering how to live every moment ... a great “*Thanksgiving appetizer!*”

When: Wednesday Evening, November 8, 2018: 6:30 - 8:30 p.m.

Location: Fr. Jack Wall Mission Center, 711 West Monroe, 2nd Floor # 25 ABC.

Program Fee: \$25. Open to all, no experience necessary. Online registration prior to 11/8/18 contact: Holly Nelson-Johnson: hjohnson@icloud.com or registration onsite. RSVP please.

For more information contact: Holly Nelson-Johnson: hjohnson@icloud.com or go to: www.mindfulnessforliving.org or contact: Tammy Roeder: tammyr@oldstpats.org

Presenter: Holly Nelson-Johnson, MSN, APN, FNP-BC is a Family Nurse Practitioner, certified MBSR, Interpersonal Mindfulness Teacher and Mentor. She has offered Mindfulness-Based programs at Old St. Patrick’s for many years, and has been teaching in the Mindfulness field for more than twenty-five years.

