

# Old St. Patrick's Annual Evening of Mindfulness Gratitude: Authentic Thanksgiving in a Virtual World



In approaching Thanksgiving, how might the Spiritual Practice of Mindfulness be a support in these uncertain times, as well as awaken even a small sense of joy?

We live in a fast paced world often robbing us of peace. Balance, gratitude, or even inspiration may be fleeting at best. So how do we fully engage in all of our moments?

Present moment awareness can shed light on those inner resources already present. Sometime practice is the simple bearing of the truth which may offer a sense of peace.

Come join us for the Evening of Mindfulness: an exploration in being awake, and a great *'Thanksgiving appetizer!'*

**WHEN:** Thursday Evening, November 19, 2020: 6:30 - 8:30 p.m.

**WHERE:** Online via Secure Zoom link.

**PROGRAM FEE:** \$25. Open to all, everyone welcomed, no experience necessary.

**REGISTRATION:** Open through date/time. Contact Holly Nelson-Johnson: [hjohnson@icloud.com](mailto:hjohnson@icloud.com) for registration and payment options.

**CONTACT:** For more information contact Holly Nelson-Johnson: [hjohnson@icloud.com](mailto:hjohnson@icloud.com) or Tammy Roeder at Old St. Patrick's: [tammyr@oldstpats.org](mailto:tammyr@oldstpats.org)

**TEACHER:** Holly Nelson-Johnson, MSN, APN, FNP-BC is a Family Nurse Practitioner, certified MBSR, Interpersonal Mindfulness, and Insight Dialogue teacher. She has offered Mindfulness-Based programs at Old St. Patrick's since 2006, and has been teaching in the Mindfulness field for more than twenty-five years.

