

SATURDAY SEMINARS

with GOOD NEWS Associates

Saturday Seminars are held for spiritual growth and refreshment.

They are one day occasions for the inner re-creation

which is so vital for a vibrant and productive life.

The seminars are informal and casual. 9 to 3 with lunch included.

North Seattle Friends Church—7740 24th Ave NE (parking on 25th NE), Seattle

September 17, 2011

Inner Community

The concept of an inner community is a useful way to understand the different – and often contradictory – ways we think and feel and act. Join us for some very practical insights that can help us live more integrated, empowered lives.

October 15, 2011

Exploring Unity

The Gospels and Epistles are very clear that one of the goals of being coming into the transforming work of God is that we come into unity with one another. The idea sounds great, but it raises a lot of questions. What do we do with differences? What do we do when we believe other folks are wrong? What do we do with our human instinct to divide and separate? In a spirit of open heartedness we will explore together.

November 12, 2011

Cultivating Joy

Joy is such a lovely quality of life.

But it doesn't "just happen" to some people and not others.

It becomes the habit of our life as we learn to cultivate and nourish it.

This will be a happy making learning together.



9 am to 3 pm with lunch included

Suggested donation of \$40 per person or \$60 per couple

We would ask you to let us know you are coming by either calling, emailing, or sending a note. You can also call or email if you have questions or need more information.

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