

NEW PROGRAM

COMMUNITY ON TUESDAY

MARK YOUR CALENDARS NOW!!



Join us on the following Tuesdays in February for an evening of learning, conversation and community. The evenings will give us time to listen to our inner truth and how it will help us to grow spiritually.

Mark your calendars now for the three-part series “The Search for Community”. All sessions are held from 7:00 – 8:30 p.m. at The Center for Stress Management, 1850 Avenue D, Katy, TX 77493.

Session 1 - Tuesday, February 12 - An Introduction to Community

Session 2 – Tuesday, February 19 – Community Starts with Me

Session 3 – Tuesday, February 26 – Two Models of Relating

Community on Tuesday takes place in a safe, fun and confidential environment led by trained facilitators. There is a universal hunger for community. The current trend toward rugged individualism and the rise in loneliness make this hunger even more intense.

Session 1 - Tuesday, February 12 - An Introduction to Community (FREE introductory session)

The types and forms of community are many and varied. What are your most positive experiences of community? Why are they so positive? What are your most negative experiences of community? What made those experiences so negative? What are my beliefs about community? What experiences have contributed to these beliefs? The session includes input, private reflection, group process and relaxation exercise.

Session 2 – Tuesday, February 19 – Community Starts with Me (Cost - \$20.00)

How do I contribute to community in the best possible way? What are the choices I’m making in my personal life that have the capacity to impact others in my family, work, school and the wider community? The focus will be on learning about the Life Mechanism that is within each of us.

Session 3 – Tuesday, February 26 – Success: Full Relating (Cost - \$20.00)

Developing one’s personal capacity for intimacy is a foundation for attaining intimacy in community. We will look at two models of relating – power over and power with others. What universal principles help me to grow? How does the support of others in community add to my need to belong, to be affirmed and valued? Where do I go from here in my search for community?

Presenters: Pat Kerlin and Debbie Ziegler

With more than 20 years of experience in the fields of spiritual direction, hospital chaplaincy, life coaching and group dynamics, they passionately aim to facilitate positive change in themselves and others.

Registration is made by email to Pat at pat@cfsmkaty.com with payment at the door by cash, check or PayPal. No credit cards accepted.

For more information, feel free to send Pat an email or call 281-703-8666.