

Reading with the Spirit: *Almost Everything* by Anne Lamott

Saturday, July 27 at 10:00 am in the Bloom Room

"I am stockpiling antibiotics for the Apocalypse, even as I await the blossoming of paperwhites on the windowsill in the kitchen," Anne Lamott admits at the beginning of *Almost Everything*. Despair and uncertainty surround us: in the news, in our families, and in ourselves. But even when life is at its bleakest--when we are, as she puts it, "doomed, stunned, exhausted, and over-caffinated"--the seeds of rejuvenation are at hand. "All truth is paradox," Lamott writes, "and this turns out to be a reason for hope. If you arrive at a place in life that is miserable, it will change." That is the time when we must pledge not to give up but "to do what Wendell Berry wrote: 'Be joyful, though you have considered all the facts.'" In this profound and funny book, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined. Divided into short chapters that explore life's essential truths, *Almost Everything* pinpoints these moments of insight as it shines an encouraging light forward. Bring your coffee! All are welcome (even if you didn't finish the book!).

Contact Catherine Penn Williams, spiritual pilgrim, psychotherapist, and longtime group leader at GSP, at 520-275-8478 for more information.