

# Being Sanctuary

## Wisdom Circle

**Mondays**  
**February 22 - March 8**  
**7:30-9:00pm, via Zoom**

With a deep breath I ask: in our noisy world, where is sanctuary? How can I bring the healing of sanctuary into these times—in my home, my work and my community?

Join in this mid-winter pause as we anticipate beginning again in our world. In this Wisdom Circle, we will share in holy listening, and invite a space to hear the sacred rumblings that we each bring. Then, we will shape a blessing of going forth, a Celtic practice when moving from one place to another.

Gather with curiosity—what will this time invite? Our circle will offer the refreshment of listening and reflection inspired by the voices of Brother Lawrence, a 17c. cook and Carmelite lay brother, Macrina Wiederkehr, beloved poet and monastic, and Howard Thurman, philosopher and theologian.

The suggested donation is \$75 per person, but please don't let finances keep you from attending. All are welcome. You will receive the Zoom link once you register.

Register online at <https://tinyurl.com/RHSanctuaryWC>



HEATHER STRANG is a graduate of the Shalem Institute Spiritual Guidance Program and is a spiritual companion, retreat leader, chef and culinary teacher. After receiving a most surprising and humble Christmas gift of a rock inscribed with 'laugh', Heather begins this year with a new spiritual practice—laughter. She resides with her husband in Annapolis, Maryland.

