

Bishop's Book Study at Camp Washington

with Bishop Laura Ahrens

190 Kenyon Road, Lakeside, CT 06758

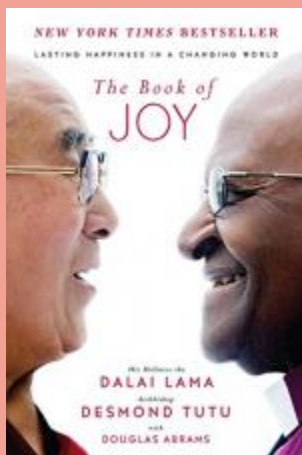
Tuesday, May 22, 2018

11:00 a.m. to 12:30 p.m.

The Book of Joy

Lasting Happiness in a Changing World

By Dalai Lama, Desmond Tutu and Douglas Carlton Abrams



This book is about a week-long meeting between two of the world's most renowned spiritual leaders--the Dalai Lama and Archbishop Desmond Tutu--and their secret to attaining true, lasting joy. More specifically, the men attempted to create a road-map for ordinary people to cultivating a lasting sense of joy in their life, regardless of their suffering. The book is divided into three sections; the first is dedicated to the nature of joy, where the men create a vague definition of joy as a lasting state, not just a fleeting emotion. The second section of the book addresses the most pressing obstacles humans face to joy. The third and final section of the text defines eight pillars to joy that the men have agreed upon throughout the weeks' worth of discussion.

**** Register online at campwashington.org**

The Bishop's Book Study at Camp Washington is a monthly gathering of clergy and laypeople who love to read, and the event provides us with an opportunity to discuss how our learnings relate to self, spirituality, and God's Mission. Every few months a new book will be selected for our book study.

Lunch follows from 12:30 - 1:15 for those who would like to join us!

JOIN US!!!