Finding Yourself in Transition

With Christine Wolf, LUT
Mondays, March 16-April 13
6:30-8:30 PM

“Our culture offers little help in coping and overcoming the enormous personal, social, economic changes that are occurring around us and within our lives. Finding Yourself in Transition (FYIT) explores the spiritual opportunities inherent in life’s changes and helps us discover how to use them as a gateway to greater personal and spiritual growth.”
(FYIT, back cover)

The object of this class is to develop the knowledge and skills that ease the transitions we all go through. With this work we will come to understand the paradox of change and gain a deep understanding of the process of transitions. In using Robert Brumet’s* book Finding Yourself in Transition as our guide, we will join the Israelites of Scripture as they move from an ending, into the void (the wilderness), to a new beginning (the Promised Land).

Bio: Christine Wolf has been a Licensed Unity Teacher since 2005. She has taught this class at Unity of Overland Park, Leawood, KS, Unity of Central Massachusetts, Worcester, MA and Unity of the Shenandoah, Stephens City, VA. She is currently the Office Administrator and Youth Education Team Leader at Unity Center for Spiritual Growth.

Required: Finding Yourself in Transition (can obtain in Unity bookstore)
Cost: Love Offering

* Robert Brumet is an ordained Unity Minister, Founder of Mindfulness Ministries, Former Faculty member at Unity Institute and Seminary, Insight Meditation teacher, and Spiritual Director. In his book, you will find strands of psychology, eastern and western mysticism, Bible interpretation and personal history masterfully interwoven. Ultimately, through integrating this teaching, we will find that transitions offer the opportunity for a breakthrough into a whole new dimension of living.