

Wisdom Essentials
Fall of 2017

For three Saturday mornings this fall we will gather to cultivate and deepen wisdom practices in our own lives, observing and contemplating their impact. We will review and practice Centering Prayer, sacred gestures/body prayers, chanting, and Lectio Divina with the Gospel of Thomas.

We will meet Saturdays 9/16, 10/14 and 11/18 at 239 S French Broad Avenue, Asheville, NC 28801 (Jeanine's office), from 9:30-noon. Beginning in January 2018, we will meet every other week for an hour and a half to practice together. The specific day/time is yet to be determined, but will likely be during the week.

The cost for 2017 will be \$20 per meeting or \$50 for all three, payable to Jeanine. If this cost is prohibitive for you, we will work out an arrangement for payment. We will cap the group at 8 participants.

Contact Lynn Karegeannes for more information: (828) 273-2243 or collage.art.123@gmail.com.

FOUNDATIONAL BOOKS:

- ~*The Wisdom Way of Knowing* by Cynthia Bourgeault
- ~*Centering Prayer & Inner Awakening* by Cynthia Bourgeault
- ~*Gospel of Thomas*
- ~*Living Presence* by Kabir Helminski

Cynthia Bourgeault's Ecourse on the Gospel of Thomas (\$49 through Spirituality and Practice)....great option for deepening understanding of the Gospel of Thomas.

*Facilitator: Jeanine Siler Jones (jeanine@silerjonescounseling.com)
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