



Contemplative guide Liz Rees will be joining us to share about New Monasticism, a way of naming a committed spiritual life that deepens on the inner journey while practicing compassion and radical inclusion in our contemporary world. The evening will include wisdom sharing, chanting, and a contemplative practice of holding surrendered silence.

Liz Rees is a presenter of Centering Prayer, commissioned by Contemplative Outreach. She guides contemplative gatherings in Calgary with Hillhurst United Church. She is a trained Eco Minister, Deetime Leader and Life Skills Coach. Liz's spiritual road has included studying and teaching meditation, refugee accompaniment in Central America, creating and leading transformational youth programs, and guiding contemplation in the Christian tradition. Liz has a burning love of the mystic path and a call to guide others to their own sacred hearts.

FOOTHILLS SPIRITUAL LIFE CENTRE
presents
**SPIRITUALITY SPEAKER
SERIES**

Liz Rees

**The Inner Journey
in Our Time**

Thursday September 24th

7:00 – 9:00 p.m.

Okotoks United Church

43 Riverside Drive

Entrance by donation
(proceeds to Foothills Spiritual Life Centre)

www.okunited.ca

