

SUNDAY BREATHER

SUSTAINING COURAGE TO CARE

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair ...

Charles Dickens, *A Tale of Two Cities*

We live in times of ecological crisis, social division, economic disruption and inequality. Many also face challenging personal circumstances around work, home, community, health and relationships. At the same time, we glimpse the possibility of transforming our way of being in the world, an ecological conversion, a regenerative economy, a reimagined polity – true justice and simple human joy.

How do we sustain the courage to care? How do we strengthen the good in ourselves and others?

Sunday Breather is a monthly gathering for nurturing all who seek to live compassionately and well – activists, students and policy makers; citizens, parents and carers; anyone who simply needs to pause a while and reconnect with themselves and others.

This is not a religious service. The gathering offers opportunities to reflect, share, enjoy music, poetry, stories and silence. People of all walks and traditions are welcome.

Where	St Ninian's church hall (cnr Mouat & Brigalow Sts, Lyneham)
When	5.00 – 6.00pm, third Sunday of every month (15 March, 19 April, etc)
Inquiries	Sarah Bachelard M. 0401 009 156. E. info@benedictus.com.au

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