

The Pace of Grace

The Virtues of a Cultivated Life

Offered by Rev. John Niles

How are you, really?

Are you caught up in what seems to be a F.O.G. – of being Fatigued, Overwhelmed, and Guilty? Are you running on empty? The illness of the day seems to be Chronic Fatigue Syndrome. So much to do so little *energy* to do it.

Too many of us have moved from being “A” -Type personalities to being “E”-Type Personalities” – doing Everything for Everybody! How do we reclaim our lives, our time and our energy? How can we sustain a sense of daily grace?

***The Pace of Grace Seminars* will seek to offer a setting that contains reflective/interactive seminars to help us live our best, most grace-filled life.**

Mondays

Upper Chapel

7:30 – 8:30 pm