



Your Grounding Journey Starts November 5!



PRESENTER TAMMY WINN

Tammy Winn is a contemplative writer, spiritual director, dream work mentor, and recording artist. She holds a bachelor's degree in Communications and a master's degree in Religious Studies, where she explored ecumenical and interreligious dialogue. Tammy has a certificate in Spiritual Direction through the Christos Center for Spiritual Formation.

For more information about Tammy's work and creative projects, visit www.tammywinn.com

Embers & Earth: An Evening of Grounding

Thursday, November 5

6:00 P.M. – 8:00 P.M.

Location: The St. Clare Garden, just west of Entrance 5 (Tau Center)

Join in an evening of reflection, release, and reconnecting with the natural world before the next season.

"Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth." — Henry David Thoreau

As the earth prepares for winter, we are invited to slow down and release what we need not carry forward. Join us for an evening of guided reflection around the warmth of a campfire and a grounding ritual designed to help us reconnect with ourselves and the natural world. Together we will create space to let go, restore balance, and prepare ourselves for the next season.

Participants should dress for the weather and bring a folding lawn chair and blanket for their use.

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