

## Special Guest Feature

### The Revolution of Tenderness in the Way of Francis and Clare

Saturday, November 17, 9:00am-3:00pm

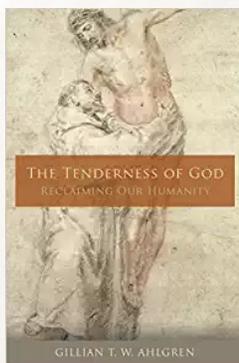
*A Day of Reflection with author Gillian T. W. Ahlgren, Ph.D.*

Using stories from her book, *The Tenderness of God: Reclaiming Our Humanity*, Gillian will draw us into the lives and insights of Francis and Clare and will explore ways to apply these insights in our world today. Through moments of input, reflection and sharing we will explore:

- The counter-cultural dimensions of tenderness of Francis and Clare and how we might respond to some of the cultural norms of our world today.
- Francis and Clare's desire to create a different type of community and how we are called to community today.
- The importance of relationships at the margins to help us grow into our own humanity and care for God's creation.
- The meaning of tenderness and what we personally need to do to grow and sustain our tenderness and reclaim our humanity.

If desired, *The Tenderness of God: Reclaiming Our Humanity* will be available for sale at the Day of Reflection or may be purchased through Amazon or local bookstores.

**\$75 early registration by November 1 (\$90 registration after November 1)**  
**Lunch is included.**



## Prayer & Meditation

### Taizé Prayer Service

Fri., November 2, 7:00-8:00pm

A Christian ecumenical prayer service designed to achieve a contemplative state and Christian unity through participation in song, scripture and silent prayer. (free-will offering)

### Centering Prayer: Let Go and Let God

Mon., November 12, 7:00-8:30pm

*Facilitated by Laura Desmairis*

The goal of Centering Prayer is to develop our ability to connect to our inner presence in intentional silence. We will discuss the role of ego in our lives and what it means to connect to our deeper center of heart awareness. (\$10)

### Meditation: Embracing Stillness

Wed., November 28, 7:00-8:30pm

*Facilitated by Sharon Devo/Chris Stuart*

Each session will explore the meaning and methods of mindfulness, drawing from a range of traditions and approaches. (\$10)

## Recurring Programs

Visit [www.taucenter.org](http://www.taucenter.org) for full details.

### Sacral & Navel Chakras

Mon., November 5, 7:00-9:00pm

*Facilitated by Therese Yonikus*

Chakras are centers of life force in the human body. The energy that flows through our chakras effects not only the physical body but also our emotional and spiritual lives.

### Pondering Our Dreams

Thurs., November 8, 7:00-9:00pm

*Facilitated by Sr. Georgene L. Wilson, OSF*

Our dreams, day and night, are symbolic gifts from the Spirit to your soul. They are given to you as teachers and are an invitation to awaken to your best self.

## DRUMMING CIRCLE BEGINS NOVEMBER 1, 7:00-8:30PM

### Connect to the Rhythm Within

In our modern world, we tend to think of rhythm or percussion as a form of entertainment and performance. However, in ancient times, music and rhythm were a primary tool for supporting the well-being of a community. Today, we are finding ourselves returning to the practice of rhythm to help dive into our deep roots that can provide healing, health, and wellness. Drumming then becomes a spiritual practice and a form of prayer and meditation.

In our November drumming circle, we will explore the rhythm of the fall season. There is rhythm everywhere and that includes us humans. Beginners and experienced drummers alike will help create a community connection with rhythm. And we will discover our natural-born drummer.

\$10/session