



Unity In Marin, Attitudinal Healing North Bay & A Course In Miracles

Wednesday Inspirational Service
MANY PATHS ~ ONE OUTCOME... LISTENING TO THE VOICE WITHIN
Wednesday January 16th from 7:15-8:15 pm
In the Sanctuary at Unity In Marin

A Course in Miracles teacher Sharon Sherrard leads this service. We have heard that there are as many paths to Nirvana as there are people. Just like climbing a mountain, with each climber believing his way to be the only one, but then upon reaching the top each realizes the infinite number of paths that could have been taken. As we journey together we find many religions, creeds, and Gods. We learn of the differences in each other and recognize what works for one may not hold true for another. Very special music by Rudy Colombini of the Unauthorized Rolling Stones.

Loss & Grief Circle
REMEMBERING LOVED ONES
Sunday Jan. 20th from 1:00 - 3:00 pm
At Unity in Marin in the Meditation Chapel

With extensive experience around the loss and grief process, Lisa Starbird & Melanie Carter facilitate this upcoming drop in loss & grief healing circle using the peer support group model where we are all students and teachers to each other. Holidays and anniversaries can get our attention in unexpected ways, so with the new year we invite you to a safe space to share memories, tears, sadness, joy or whatever is up for you. With heartfelt listening and sharing, this circle will help support you around your loss. Please bring a picture for the altar.

Wednesday Inspirational Service
MANY PATHS ~ I CAN SEE PEACE INSTEAD OF THIS...HOW? A MINI COURSE
Wednesday February 20th from 7:15-8:15 pm
In the Sanctuary at Unity In Marin

Attitudinal Healing teaches that in any and all situations we are faced with two central choices: peace or conflict, love or fear. It's not the situation that is causing our stress, it is our thoughts and reactions, and we can change that in a single moment. Using "A Mini Course for Life" by Gerald Jampolsky, M.D. & Diane Cirincione, Ph.D we will explore a simple tool that will help you to choose peace in your life. Lisa Starbird facilitates this service.

All events are held at Unity In Marin
600 Palm Drive ~ Hamilton Center, Novato ~ CA ~ 94949
For additional information, contact Lisa Starbird ~ Lstarbird@aol.com