



*SACRED
LONGING,
BODY
OF
GRACE!*

*Let us come together to listen, sing, move, and call upon
Greater Wisdom.*

*Let us draw, dream, dance, and be quiet. Let us tell
stories, invoke, and trust the Great Unfolding. Let us
bless, release, question, and discover - especially during
these coming darker times of winter mysteries and
epiphanies.*

*We can't do this path completely alone. It is time to
come together. It is time.*

*We will be exploring embodied spirituality, mutual support,
and creative expression. Bring the gifts of your own
tradition and experience. Jean Frinak will guide & lead, and
we will also create this together.*

Where: 5808 5th Ave. NW, Seattle WA. 98107

When: begins this fall, meets bi-weekly

Cost: \$25.00/wk, paid monthly

*Contact: e-mail Jean Frinak M.Div., M.F.T. if you are
interested: therapyandcreativity@gmail.com*