



**Cultivating a Spiritual Path**  
**Presented by Dr. Shannon Connell**  
**October 12, 2022 6-7:30 PM**

Pastor Sal has continuously provided spiritual direction on the path to “Be Still and Know” and has encouraged us to cultivate a daily practice

This interactive presentation will embellish that theme and will provide golden tools and experiential exploration into illumination of the individual path to discovering a deeper contemplative practice

The focus for this internal journey brings forth a rich and deeper spiritual practice that enhances stillness and wisdom

The presentation will provide the mirror of the Buddhist philosophical path with the contemplative direction Pastor Sal provides

At a time when we are moving into shorter days and preparing for the season of Advent it is a perfect time to explore themes of awareness, mindfulness, and intention that offer a deepening of one’s own spiritual practice

Guidance into cultivating a deeper individual practice will be provided with time for practice, questions, and contemplation

Location: Friendship Hall, Snacks Provided  
Cost: Free

