



Finding Our Soul's True North Follow-Up Session

Learning from Loss

the spirituality of letting go

The longer we live, the more we experience loss. While we may grieve the people, places and things that are no longer part of our lives, we can also learn to grow from them. This session will explore the spirituality of letting go –how our losses can lead us to deeper spiritual growth and better understanding of our true selves.

While this session is designed as a follow-up for those who have participated in the Finding Our Soul's True North program, anyone is welcome.



Saturday, June 3

0900 - 1200 • St. Anne Parish Assembly Room

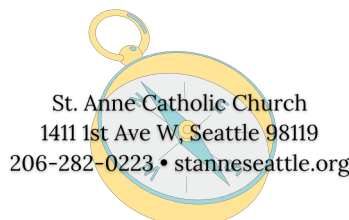
Facilitated by Ron Ryan



Suggested donation: \$15 per person.

To register, scan the QR code, call the parish or email info@stanneseattle.org

Checks payable to St. Anne Parish (memo: Ron Ryan)



StAnne
CATHOLIC PARISH SEATTLE