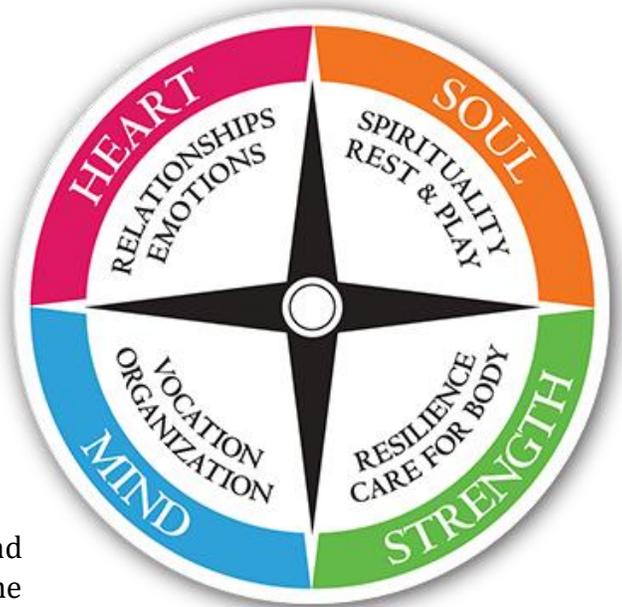


Living Compass Wellness Circles: A Six-Week Lenten Experience

God our Creator is always inviting us to a journey of wellness and wholeness. Just as a navigational compass is acted upon by a force outside of itself, the inner compasses of our lives are also acted upon by God, who calls us to greater wholeness, gently reminding us when our course in life needs adjusting.

Your **Living Compass Wellness Circle** will help you to be still, to listen, and to say “yes” to God’s invitation. Together with 5-7 other people, you’ll experience meaningful conversation about the integration of faith and wellness. Many compasses compete to guide our lives. The Wellness Circle experience makes *faith* the compass that guides decisions in **all areas** of our lives – heart, soul, strength, and mind. When we use faith as our compass, we are better able to experience wellness and wholeness.



What: Living Compass Wellness Circles (small groups of 6-8 people)

When: Lent 2020 (6 Wednesdays: February 26, March 4, March 11, March 18, March 25, April 1) from 5:30pm to 7:00pm (No meal is provided but you are welcome to bring your own “bag supper” if you like.)

Where: Unity Moravian Church Fellowship Hall
8300 Concord Church Road, Lewisville, NC

Who: Anyone who wants to explore the question: “How is the Spirit calling me to greater wellness and wholeness right now?” Interested in a **parent circle**? Let us know when you sign up! Childcare provided.

How to Sign Up: Visit this Google Form (<http://bit.ly/UnityWellnessCircles>) or use the sign-up sheet in the Narthex. You may also call the church office at (336) 945-3801. A \$5 donation is requested to offset the cost of each participant workbook, but no one should consider cost a barrier to their participation.

Other Stuff to Know: Arrive 5-10 minutes early so that the group can start on time. Plan to attend all six meetings, with four being the minimum commitment. Circles will focus on possibilities not problems and will never require you to share if you are not comfortable. All are welcome regardless of where you are on your spiritual journey. You will learn how to take concrete steps toward reaching your goals, better manage stress, and achieve more balance in your life.

*Love the Lord your God with all your heart,
with all your soul, with all your strength,
and with all your mind.*

– Luke 10:27, Deuteronomy 6:5