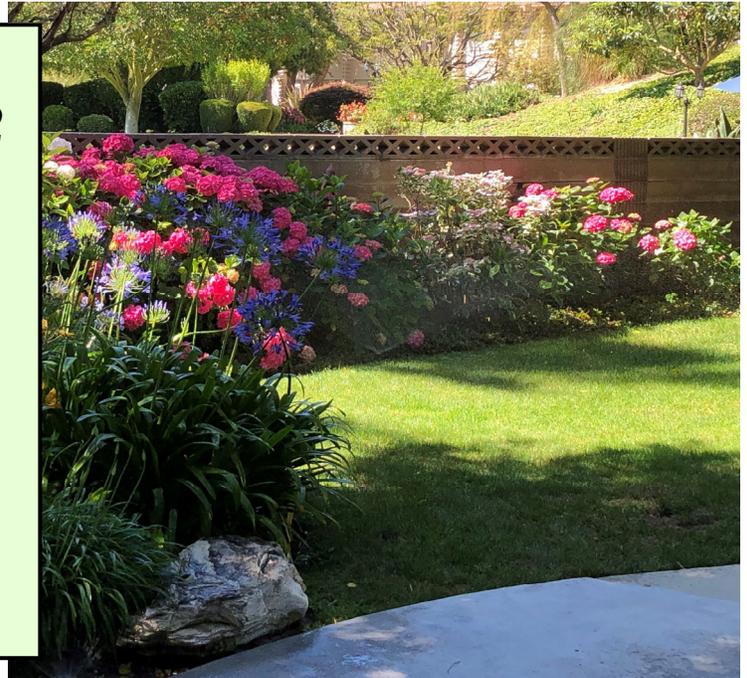


Try Soul Gardening

6:00 pm Friday, August 12 to
1:30 pm Sunday, August 14, 2022

Soul Gardening: Sacrament of the Present Moment

Rev. Terry Hershey



People who love the world, who pay attention, are gardeners, whether or not they have ever picked up a trowel ~ because gardening is not just about digging. Gardening is about cherishing ~ and to cherish, one must be present ... Here! Now!

We see that the ordinary is the hiding place for the holy and ...

- ✧ open our heart to the rhythms of "the garden"
- ✧ embrace the demanding marriage of loving and losing
- ✧ cultivate appreciation for ordinary gifts of grace, the value of solitude, and the healing power of nature
- ✧ nurture our soul, and renew our sense of 'life's fullness'.

Gardens are sacred places that can offer healing for mind, body, and soul. Experience our gardens as restorative, inspiring, & life-giving. Participate in outdoor & indoor workshops, exploring "sanctuary" gardens, with personal time for walks, prayer, rocking chairs, and reflection.

Terry Hershey is an author, humorist, inspirational speaker, ordained minister, and smitten by French wine. He divides his time between designing sanctuary gardens & sharing his practice of "pausing" & "sanctuary," to help us do less and live more. Terry's book, *Sanctuary: Creating places for grace in your life*, offers permission to slow down

and to be gentle with ourselves. Most days, you can find Terry out in his garden—on Vashon Island in the Puget Sound - because he believes that there is something fundamentally spiritual about dirt under your fingernails.

Cost: per person/shared \$250; single \$350; commuter \$160

To register call José at (310) 377-4867 ext 250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org. Please see website for Cancellation Policy.

MARY & JOSEPH RETREAT CENTER

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