



Winter to Spring 2020 Programming

Nano Nagle Spirituality Centre
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Ongoing Spiritual Companionship Sessions

- Adult enrichment with a focus on Healthy Minds, Bodies, and Spirits.
- Facilitation of Discussion Groups
- Workshops
- Prayer Celebrations to welcome and celebrate the four seasons:
We look forward to celebrating the changing of the seasons with the Spring Equinox and the Summer Solstice, as we always do. Details to follow as available.
- Our Winter to Spring Session is starting February 3rd for 9 weeks and will be extending into the Month of May. The program we will be using is “Re-imagine Healing: Steps to Transform Fear, Stress and Illness into a Life of Purpose and Vibrant Health” by Anita Morrjani.
 - This is an online course...
 - Sister Betty facilitating it, with input from the Team...
 - Three sessions each week, with three different groups ...
 - Times: Monday, Wednesday, and Thursday afternoons, from 1:30 to 4:00 p.m.