

Western Quarterly Meeting's April intergenerational session will center around the 3<sup>rd</sup> query: "Spiritual Nurture and Inner Life".



Do you have a place in nature you like to go when you need to settle your inner self...an outer place that helps quiet your inner place?

In this session, we we'll explore what helps calm us when we're overwhelmed or upset.

We'll practice quieting the mind with meditation, using affirmations and images from nature.

We'll have some fun with a game and a story, and you'll have a chance to share something that comes from nature or symbolizes it – an object, a photo, a piece of sculpture or other handmade item.

Bring something to share that's meaningful to you.



**Sunday, April 18, 9:00 – 9:45 AM**

Click [HERE](#) to join. Questions?

Contact Claire Taylor ([claire@creativesbs.com](mailto:claire@creativesbs.com))

or Deb Wood ([coordinator@westernquarterquakers.org](mailto:coordinator@westernquarterquakers.org))

# Please join us!

*New beginnings...*

*Changing seasons...*

*New opportunities to connect  
in strength and love...*

This intergenerational program is geared for ages pre-K & up.