

Engage Your *Spiritual* SAGE



A Spiritual Healing Group for LGBTQ Seniors (50+)
Meets monthly from March 18–June 24, 2012

A PROGRAM OF THE UTAH PRIDE CENTER

sage™ UTAH

Don't run away from grief, o soul.

Look for the remedy inside the pain.

Because the rose came from the thorn

And the ruby came from a stone.

Rumi

This group is a compassionate, safe, and healing space where we will tell our stories, explore what we can learn from the pain, deconstruct unhealthy religious beliefs, transform perceptions of the past, and align with our deepest truths—coming home to the divine wholeness that is our spiritual birthright.

We'll also explore ways to reclaim what we lost if we left a religion and examine how to create the support systems we need. We hope you'll join us for this rich healing experience.

When:

2:00-5:00 pm on the following Sundays: March 18, April 22, May 20, & June 24.

Where:

Utah Pride Center, Middle Meeting Room

Cost:

SAGE Utah offers this group for free, but we ask group members to commit to attending all four sessions.

Registration:

Space is limited. To get more information and reserve your spot, call Martha Hales 801-532-3567 or email Martha@divinelywhole.com

The Facilitator:

Martha Hales has a deep sense of hope when it comes to our capacity for spiritual healing. After a career developing corporate training, she studied to become a spiritual director and finds great joy in supporting others on their spiritual path.