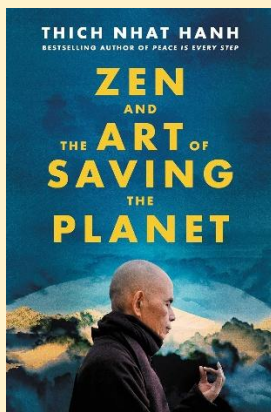


Spiritual Book Study Group

Jean Kwako and Debbie Gitar will facilitate a spiritual study book study group. The group will have the option of which book they would like to study.

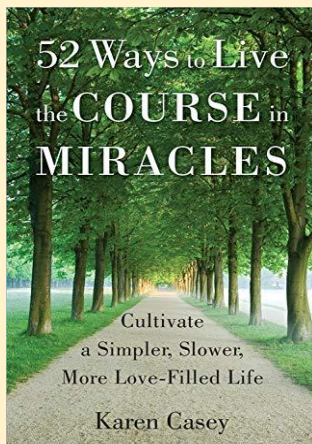
The first book is:

Zen and the Art of Saving the Planet Thich Nah Hahn



Filled with powerful examples of engaged action he himself has undertaken, inspiring Buddhist parables, and accessible daily meditations, this powerful spiritual guide offers us a path forward, opening us to the possibilities of change and how we can contribute to the collective awakening and environmental revolution our fractured world so desperately needs.

The second book is:



We all face struggles that can leave us feeling broken and hopeless. But peace and healing are always available to us if we are open to them. In this inspirational book, Karen takes readers on a journey towards peaceful living by sharing how she has found serenity in her own life. Karen teaches readers that the goal is not perfection, but rather progress towards creating a life of love and peace.

We hope to see Sunday, Jan. 26th at 12:15 PM in the Meditation Room.