

CHRISTOS CENTER Continuing Education Opportunity . . .

Being Present to Pain: *Our Own & Others'*

A workshop led by *Ellie Hyatt*

ELLIE HYATT is a social worker, communications teacher, spiritual director and Director of Family and Spiritual Recovery at THE RETREAT, a residential recovery center located in Wayzata, MN. She has 30 years experience planning and presenting retreats focused on personal and spiritual development.

Pain is an unavoidable part of the human experience. Our thoughts about pain are what lead us toward suffering or toward healing.

◇ **How do we view the types of pain—physical, mental, and spiritual—differently?** ◇

◇ **What limits our ability to be present to pain?** ◇

◇ **How can God allow bad things to happen to good people?** ◇

◇ **What old ideas and false beliefs about suffering are we holding on to?** ◇

This workshop will explore these questions and support us toward our own healing and acceptance of pain as a vehicle to knowing and experiencing the Presence of God.

Date: Monday, March 22, 2010

Time: 1:00 to 3:30 pm

Location: Colonial Church of Edina (*Fireside Room*)
6200 Colonial Way Edina, MN 55436

Cost: \$20.00 (\$15.00 *current Christos students*)
Send payment with registration form

Registration: BEING PRESENT TO PAIN ~ Mon, March 22, 2010

(You may also register via e-mail: joycechristoscenter@msn.com)

NAME: _____

Amt. enclosed:

Phone: _____ **e-mail:** _____ \$ _____

Send payment to: CHRISTOS CENTER
1212 Holly Drive, Lino Lakes, MN 55038