

Simplicity: The Art of Letting Go

Sessions drawing inspiration from the audio CD “The Art of Letting Go: Living the Wisdom of St. Francis” by Richard Rohr.

co-facilitated by Elaine Morzone and Moyalía Tokmak)

With Richard Rohr, we will explore the transformative spiritual journey inspired by St. Francis of Assisi, emphasizing the importance of embracing humility, simplicity, and a deep trust in God's presence.

The sessions offer a compelling call to live with greater mindfulness, inspired by the timeless wisdom of the Franciscan Tradition.

We will be encouraged to shift from seeking security in external things to finding peace within, allowing for a more authentic and meaningful spiritual life.

We will discover the surprising richness encountered through simplifying our life and be opened to liberation from self-limiting biases and certitudes.

We will explore Fr. Richard's deep insights into contemplation and action, two key steps toward communing more deeply with the Divine.



Share in the Franciscan tradition of seeing God in all of creation, living with an open heart and walking a path of peace.

WHEN: Six Tuesdays beginning 15 October 2024.
9.45 am for prompt 10.00 am start to 12.30 pm.

WHERE: SYCHAR (House of Prayer and Spirituality),
69 Margaret Street, Toowoomba

COST: A contribution towards Sychar's ongoing mission would be appreciated.

REGISTRATION: Bookings via try booking <https://www.trybooking.com/CVLIT>