



A Weekend Retreat with Sherry Ellms: Creating the World We Want To See- Finding Joy, Resilience and Justice in the Midst of Heartbreak



March 15th - 17th 2019

Friday 7pm - 9pm

Saturday 9am - 5pm

Potluck 5pm - 6pm

Council of All Beings 6-8:30 p.m.

Sunday March 17 9am - 12pm

Potluck 12-1:30

How can we disrupt the patterns that have held us down individually and as a society? This weekend we will use the framing of Joanna Macy's **Work That Reconnects** to explore how we can hold all that is occurring on our planet and go forth to create a more Life Sustaining Society with compassion and wisdom.

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**Location: Fillmore Room
Unity Center of Columbia
1600 West Broadway
Columbia, MO 65203**

Cost: \$60-\$90 sliding scale. A limited number of scholarships are available.

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About the Teacher Sherry Ellms is Associate Professor in the Masters in Environmental and Resilient Leadership Programs at Naropa University and faculty lead of the Joanna Macy Center @ Naropa. She is a Senior teacher in the Shambhala lineage of Tibetan Buddhism and a facilitator in the *Work That Reconnects*, the root teachings of Joanna Macy. For 35 years Sherry has been leading meditation and nature-based retreats in spiritual and secular settings, with a focus on application to leadership, earth stewardship and personal sustainability.

Register at: <http://bit.ly/SherryEllmsRetreat>

This retreat is sponsored by **Show Me Dharma, Mizzou's BREATHE, The Social Action Team of the Unitarian Universalist Church, Clovers Natural Market, Clarity Float Spa, OneMic, Wild Folk Learning Community, Hemsley.**