



A WEEKEND RETREAT WITH SHERRY ELLMS: MARCH 15TH - 17TH

Creating the World We Want To See- Finding Joy, Resilience and Justice in the Midst of Heartbreak

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.

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

Friday March 15 7pm - 9pm

Saturday March 16 9am - 5pm

Saturday potluck March 16 5pm - 7pm

Council of All Beings: Saturday March 16 7-9 p.m.

Sunday March 17 9am - 12pm

Sunday potluck 12-1:30

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.

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.

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, Yoga Sol, Blue Fox Farm, Hemspley, Peace Nook, Como for Progress**