

Spiritual Health and Connection through Troubling Times

Be transformed by the renewing of your mind. - Romans 12:2

Life happens ... everything changes ... everything belongs. In connecting and going deeper, may we uncover and embrace resources and possibilities we may not have tapped into before. As we all move through this disturbing time of isolation and distance, may we also create the space to live in it with fierce aliveness, loving presence, reverence, and connection.

Robby Carroll, M.Div., LMFT, Director of Shallowford Family Counseling Center (SFCC), and Kay Stewart, M.Ed., Director of Mindfulness Education for SFCC, are embracing this time of pandemic as an opportunity to deepen connection and develop new virtual resources for spiritual and emotional health and well-being.

Robby and Kay invite you to connect with SFCC to engage in meaningful conversations as a pathway to mindfully living life on life's terms, accepting what we cannot change, changing what we can, and having the wisdom to know the difference. Through skillful attentiveness and deep listening, we awaken inner strengths for clarity, courage, compassion, and connectedness – allowing us to be fully alive as long as we live!

Over the past 10 years, Robby and Kay have worked together to expand the educational and training services offered to the community, including evidence-based mindfulness classes engaging over 200 participants since 2013.

Shallowford wants to be a vital resource for well-being, especially in the midst of difficult times of uncertainty and social distance. **As we lean into possibilities for mind renewal and spiritual health through virtual learning, we hope you'll engage with us and spread the word about these tuition-free offerings** (p. 13):



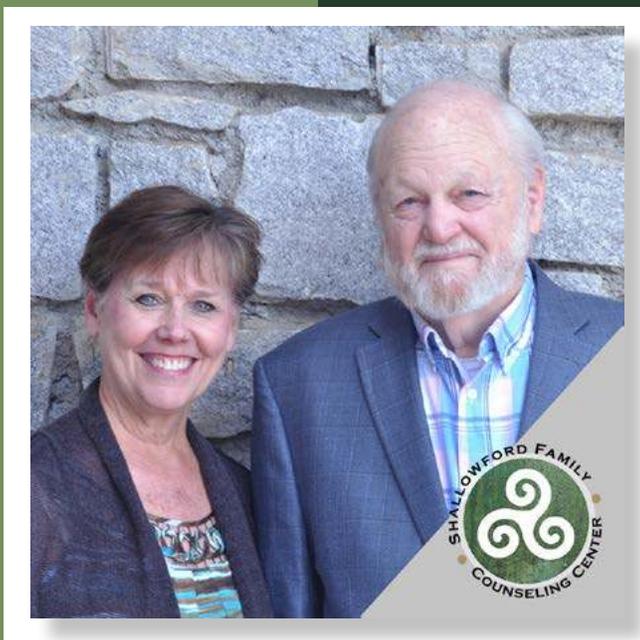
FREE June Offerings – Register Today!

LISTEN IN on Soundcloud

(free and ongoing)

As we engage in life-giving conversations, you can LISTEN IN on Soundcloud. Through these brief conversations, (15 minutes or less), we engage the deeper questions of life ... who we are and what matters most in our relationships as we seek meaning and purpose in life. We hope you'll join us in living the questions of this strange and difficult time ...

- ☯ *Can we allow painful and challenging experiences to transform and guide us into greater wisdom?*
- ☯ *Rather than fight or flee, can we attend and befriend the reality of suffering and tap into the vast mental, emotional, physical, and spiritual resources within us?*
- ☯ *When destabilized and disoriented, can we pause and with gentle curiosity, examine limiting habits and beliefs and open to the possibility of choice and transformation?*



Inner Workshops –

LIVE weekly on Zoom beginning with a **3-week series on June 12, 19, and 26, 1:00-2:30 pm.**

These virtual tuition-free Inner WorkShops offer a regular rhythm and place of refuge to slow down and listen deeply to ourselves and each other.

Sign up now for our first 3-week series, “Spiritual Renewal for Troubling Times.” If you are feeling isolated, disconnected, gripped by fear or sadness, we invite you to join us in this safe space where the noise around us – and within us – can subside. Together, we’ll explore life-giving practices for mindful awareness and spiritual health

to attune our hearts and minds to that still small voice within.

“THE WAY TO FIND THE REAL WORLD IS NOT MERELY TO MEASURE AND OBSERVE WHAT IS OUTSIDE US, BUT TO DISCOVER OUR OWN INNER GROUND.”

– THOMAS MERTON

Join the SFCC email list to stay informed about future offerings and ongoing resources. SFCC historically offers counseling services as a ministry of and outreach of Shallowford Presbyterian Church. Shallowford has a long history and commitment to an in-house counseling center offering individual therapy and training to the community as a whole.

To learn more, please visit our newly launched website, shallowfordfamilycounselingcenter.org.