

“We are enough”

Saturday 20th May, 2023

10.00am – 5.00pm

- 10-10.30 Welcome and opening meditation: Kimerie Mapletoft
- 10.30-11.30 “The Gospel according to you” Nancy Sandoval
Celebrating ourselves and the good that we are
- 11.30-11.45 Morning break
- 11.45-12.45 “The inexhaustible supply” Paul Mapletoft
Exploring ‘the flow’, as described by Eric Butterworth
- 12.45-1.00 “Blessings: Music and movement to conclude our morning”
Beth O’Connell
- 1.00-1.45 Lunch break
- 1.45 – 2.45 “Compassionate Insight” Ildiko Kudlik
Using visualisation and art, embracing when we don’t feel enough
- 2.45-3.00 Afternoon break
- 3.00-4.00 “Honouring our whole self” Kimerie Mapletoft
- 4.00-4.15 “Thank you for this day, Spirit” Beth O’Connell
- 4.15-4.45 Closing thoughts and meditation Kimerie Mapletoft