



October 17 & 24, 2018

7:30 – 8:30 pm

## INTERFAITH WOMEN'S SACRED CIRCLES \*

You are invited to join in the sharing of stories, silence, and reflection in a safe place as we reweave strands of our past towards healing and action.

### ABOUT THE FACILITATOR:

Women's Sacred Circles will be facilitated by the Rev. Cecily Stranahan. She is an ordained Interfaith Minister and has a Master's degree in Counseling and Pastoral Care from New York Theological Seminary and The Institute of Religion and Health. She has been in private counseling practice for thirty years, including three years as a counselor/ hands-on-healer at St Vincent's Hospital in the Oncology Department.



An experienced group leader, Rev. Stranahan has led personal and spiritual growth groups throughout this area, as well as in Mexico, England, and New York. She has also regularly taught meditation groups in a number of churches in Fairfield County.

Rev. Stranahan says, "#MeToo."

\* Women's Sacred Circle work is not a form of therapy, though it can feel therapeutic. And while it uses words like spirit and sacred and soul, it is not religious. It is a place to put down one's burdens for a time and refresh one's being through shared silence, story, and ritual.

*When women come together and make a commitment to each other to be in a circle with a spiritual center, they are creating a means of healing and transformation for themselves, and a channel for change in the world.*

Open to ALL women

Circles will gather in Rms, 109 & 110 at the Saugatuck Congregational Church – 245 Post Rd East In Westport

These two sessions of #MeToo Women's Sacred Circles are being offered jointly by two Westport Congregations – Saugatuck Congregational and The Unitarian Church because silence is not an option for communities of faith.



To Register E-mail  
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