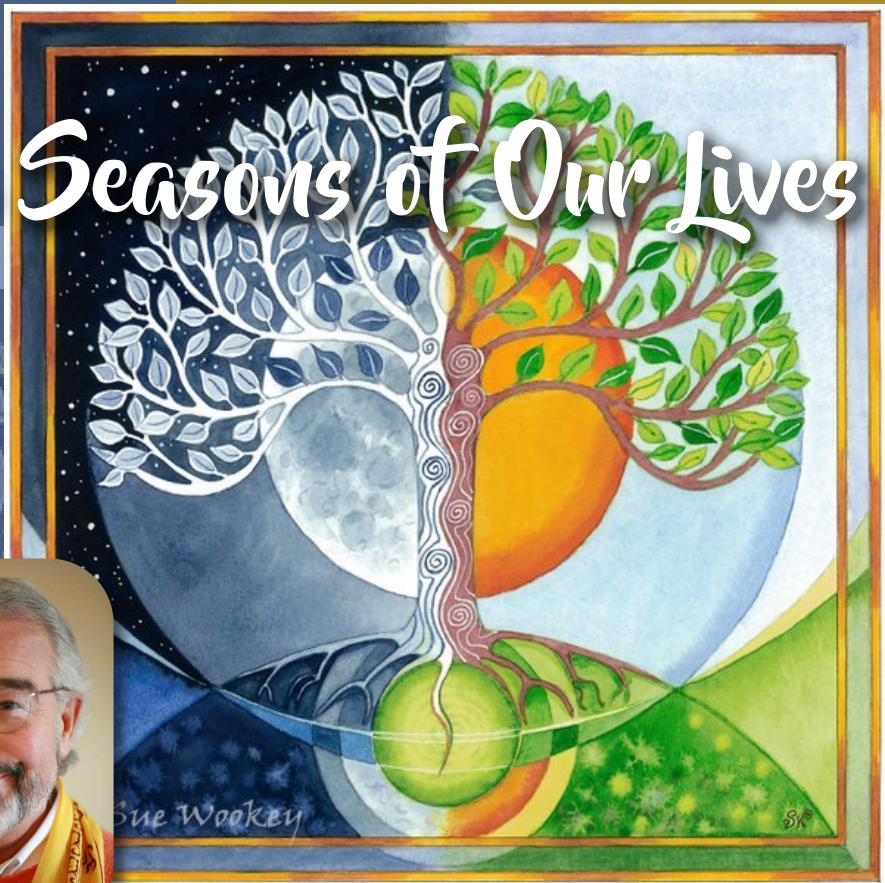




# Honoring the Seasons of Our Lives

**Finding Love and Blessings in Every Moment**

**A Sunday Morning Service & Afternoon Workshop with Ramananda John E. Welshons**



"Balance" by Sue Wookey. Used with permission. [suewookey.com](http://suewookey.com)



**Sunday, Sept. 17**  
**10AM SERVICE & 12-3PM WORKSHOP**

**E**ach year, as we approach the transition from Summer to Fall, we are reminded of the ongoing cycles of life. This heart-warming, inspirational talk and workshop invite us to use the inevitability of change as one of the most important tools on our spiritual path. Everything in the world of form arises, exists for a period of time, changes, and passes away. Spiritual awakening unfolds as we let go of our resistance to change . . . learn to identify with the part of us that never changes ("Pure Awareness" or "Soul") . . . and allow ourselves to embrace the "perfection" underlying the design of the Universe.

**T**his two-part program (morning and afternoon) is offered as an introduction to Unity of Albany's upcoming series on working with "end of life" issues as a part of our overall spiritual journey. Our time together will include lecture, meditation, and opportunities for questions and answers. We will focus on:

- How to unveil Love in every circumstance
- How to see the spiritual blessing in each challenging experience
- How to allow our fear of change to dissolve
- How to care for others
- How to care for ourselves through all of life's ups and downs

Participants are encouraged (but not required) to attend both sessions. **Suggested donation for workshop: \$40.** No one turned away.

**Unity of Albany 21 King Ave, Albany (518) 453-3603 [unityalbany.org](http://unityalbany.org)**