	Group Facilitator	Joann Haggerty	Bonnie Gilliom	Rae Dawson
	Meeting Times	1st & 3rd Monday, 2:00 - 4:00 pm	Every Thursday, 10:00 - 11:30 am	1st & 3rd Thursday, 1:30 - 3:30 pm
	2023			
Meeting		Meeting Date		
	Belonging			
1	Welcome back! 1st Principle: The inherent worth and dignity of every person.	18-Sep	14-Sep	21-Sep
2	The practice of turning our pain into connection.	2-Oct	28-Sep	5-Oct
3	Belonging (sermon - August 7, 2022)	16-Oct	12-Oct	19-Oct
	Wholeness			-
4	Body: Exercise	6-Nov	26-Oct	2-Nov
5	Mind: Favorite historical figure	20-Nov	9-Nov	16-Nov
6	Spirit: Spirituality	4-Dec	14-Dec	7-Dec
	2024	-		-
	Freedom			
7	Courage (sermon - September 11, 2022)	12/18/2023	11-Jan	4-Jan
8	The practice of remembering we can write our own rules.	15-Jan	25-Jan	18-Jan
9	2nd Principle: Justice, equity, and compassion in human relations	5-Feb	8-Feb	1-Feb
	Ghosts			-
10	Ancestors	19-Feb	22-Feb	15-Feb
11	Ghosts (poem)	4-Mar	14-Mar	7-Mar
12	Facing Our Hungry Ghosts (sermon - January 23, 2023)	18-Mar	21-Mar	21-Mar
13	The practice of letting go of the life you wished for.	1-Apr	11-Apr	4-Apr
	Joy			•
14	Favorite poem	15-Apr	25-Apr	18-Apr
15	Transplanting (reading)	6-May	9-May	2-May
16	Favorite musical genre. Wrap up!	20-May	23-May	16-May