

# What is the Heart Circle?

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The Heart Circle is a nurturing space for those of us navigating grief in various aspects of our lives.

## An Equal Gathering

Within this circle, everyone stands on equal ground.

This is not a place for fixing; rather, it is a safe and confidential environment where you can express what's in your heart, where you can listen and be listened to. It is a "brave space."

## Intentional Presence

As we gather in the circle, we commit to bringing our full and intentional presence to ourselves and each other.

Every meeting begins with a grounding activity and opens and closes with a poem, a ritual, or a brief reflection.

In the heart of the meeting lies an open space for those wishing to share their current journey.

## CONTACT US

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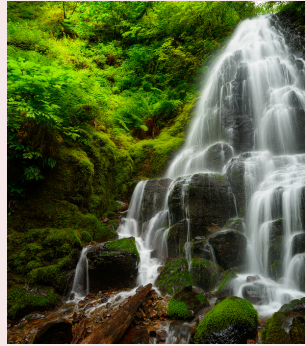
Rev. Lisa Wojna  
780-860-0313  
ldwojna@gmail.com

St. George's Anglican Church

1 St. Clair St.  
Devon, AB

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# Heart Circle



## A SANCTUARY FOR GRIEF

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Join Us

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St. George's  
Anglican Church

## HEART CIRCLE



**“HEALING TAKES  
COURAGE, AND WE  
ALL HAVE COURAGE,  
EVEN IF WE HAVE TO  
DIG A LITTLE TO FIND  
IT.”**

**TORI AMOS**

## OUR SESSIONS

**Sessions are held at 7:00 PM on the  
last Wednesday of every month at  
St. George's Anglican Church.**

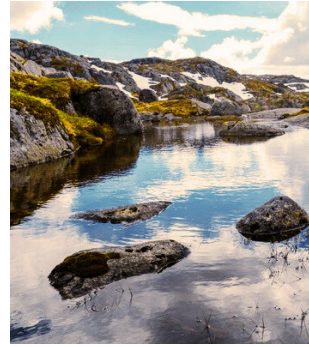
**The first session will take place on  
September 24.**

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**The Heart Circle is not a  
church or a religious service.**

**We warmly welcome people  
from all walks of life and  
spiritual backgrounds.**

**Is This  
For  
You?**



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**Have you lost a loved one  
to: Death? Divorce?  
Estrangement? Addiction?**

**Have you experienced:  
Financial losses? Job  
losses? Health losses?**

**Are you grieving in some  
area of your life and  
looking for a safe space to  
make peace with your  
broken pieces?**