

Living Forward

Growing in wisdom and maturity



ANSD Quiet Day with Dr Heather Thomson

Saturday 19 February 2022

9.30am to 3pm

via Zoom

Our past may shape us, but it does not define us. No matter what our age or stage of life, we may yet grow beyond what we have been and live more whole-heartedly, freely and at peace. In living forward, we attend to our past and present in a way that allows fruitful growth in wisdom and maturity. This Quiet Day is about becoming less reactive and more honest and responsive to our daily relationships and circumstances. The day will consist of several input sessions, followed by periods of silent reflection.

Dr Heather Thomson is a regular ANSD presenter, theologian, retreat leader and member of Benedictus Contemplative Church in Canberra.

Please RSVP by Friday 11 February to ansdact@gmail.com

Zoom details will be emailed to those who register.

Cost: Payment of \$15 via electronic transfer to "Australian Network for Spiritual Direction" / **BSB 032-719** / Account **301 994** / Reference: **SurnameQD**.

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