

# What is the Heart Circle?

---

The Heart Circle is a nurturing space for those of us navigating grief or other burdens 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

---

Rev. Lisa Wojna  
780-860-0313  
[rector@stgeorgesdevon.ca](mailto:rector@stgeorgesdevon.ca)

St. George's Anglican Church

1 St. Clair St.  
Devon, AB

[www.stgeorgesdevon.ca](http://www.stgeorgesdevon.ca)

---

# Heart Circle



## FINDING SANCTUARY

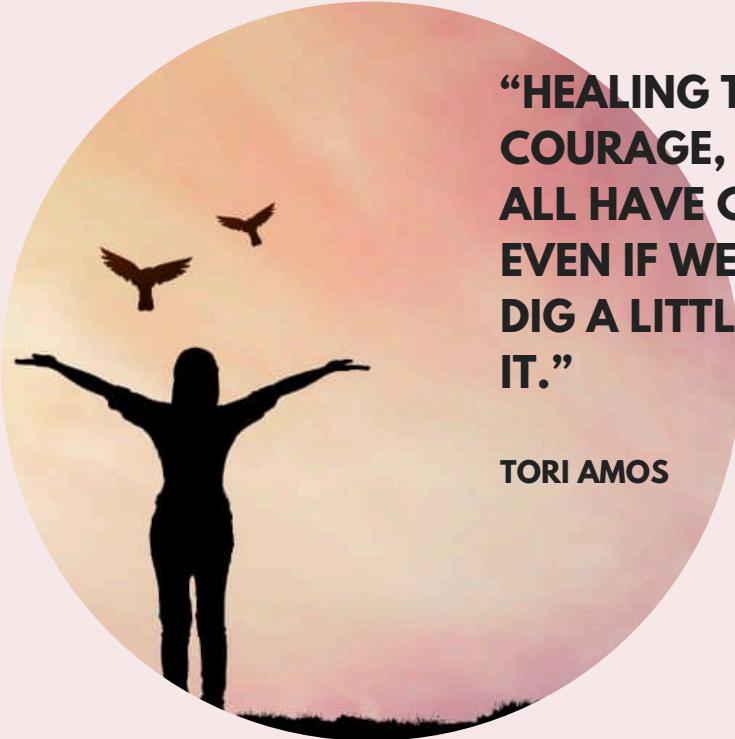
---

**Join Us**

---

**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 second Wednesday of every month at**

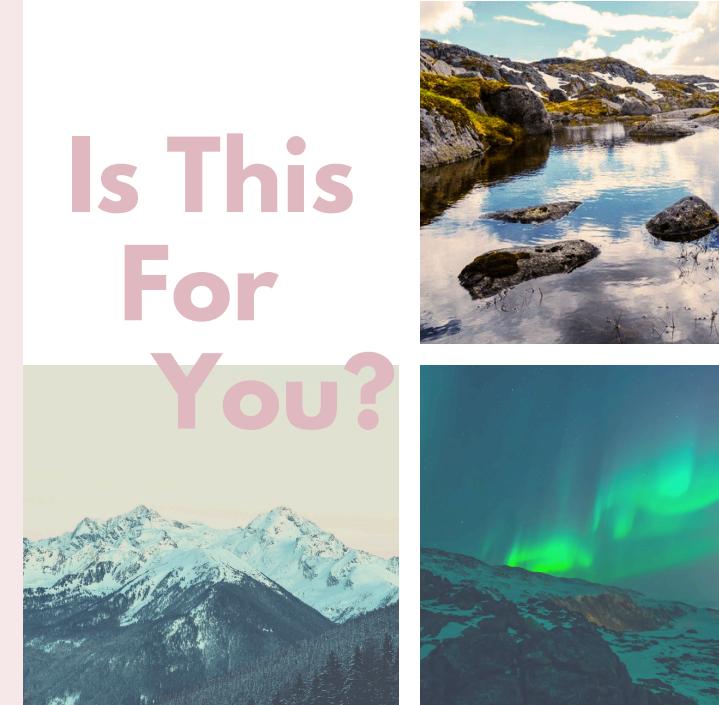
**St. George's Anglican Church.**

---

**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?



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

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

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