

# What is the Heart Circle?

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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

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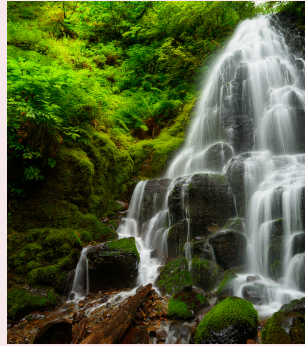
St. George's Anglican Church

1 St. Clair St.  
Devon, AB

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

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# Heart Circle



## FINDING SANCTUARY

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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

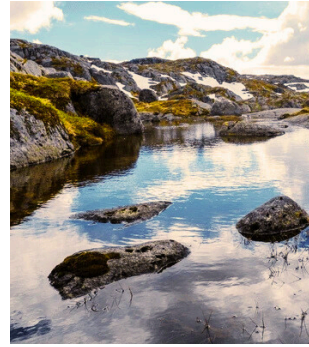
**Sessions are held at 7:00 PM on the  
second and fourth Wednesdays of  
every month at  
St. George's Anglican Church.**

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