

Anger

with

Carol Ann Gotch &
David Walsh

April 21, 2012

Resource People:

Carol Ann Gotch and David Walsh both hold Masters Degrees in Spiritual Theology from the Graduate Theological Union in Berkeley, California, as well as certificates from the Institute of Spirituality, also in Berkeley. They have been involved in spiritual direction for over 40 years, and have been teaching and studying the Enneagram for 30 years. Together they have authored Soul Stuff: Reflections on Inner Work with the Enneagram, and recently released The Heart and Soul of the Enneagram.

www.inscapesenneagramstudies.ca/

Location of the event:

St. Benedict's Retreat & Conference Centre, 225 Masters Avenue, Winnipeg, MB. St. Benedict's is located 5-10 minutes north of Winnipeg on the way to Selkirk.

www.stbens.ca/retreathome.htm

Cost:

For the Saturday workshop is \$100 (includes a snack break and lunch).

Deposit of \$25 due with registration and is non-refundable after April 18th.

Balance payable at the event by cheque or cash.

**Registration deadline:
April 14th, 2012**

Registration is limited to 25.

Send completed registration form and deposit to:

“Anger Workshop”
216 Sherburn Street
Winnipeg, MB R3G 2K6

When you have sent your registration, please e-mail me at enntain@shaw.ca

For further information contact Dale by phone at 204-229-7755.

You can also e-mail at enntain@shaw.ca



Anger

When I contemplate the movement of anger in my life and in others, the emotion triggers a current of energy charged with reactivity.

Anger is immediate and lightning-quick, carrying with it an invitation to change.

The secret is learning how either to 'cool the flames' as Thich Nhat Hanh suggests or to cradle fire.

We listen either to act with its power or to release its energy into what is.

Wisdom, indeed, is knowing the difference.

Such is the theme of this day together; recognizing anger, recognizing projections, befriending anger, discerning and finding deep emotional calm.

Who is this Event For?

This event is intended for participants who love the enneagram and have:

- * Have a desire to get in touch with their Anger.
- * A good understanding of themselves.
- * A willingness to go deeper.

Schedule

Saturday, April 21st, 2012

8:30 AM – Registration

9:00 AM - Session begins

Noon – lunch

4:00 PM – We depart

Registration Form

Anger

April 21st, 2012
St. Benedict's Retreat &
Conference Centre

Name: _____

Address: _____

Phone: _____

E-mail: _____

Special Dietary requests and other needs: Please list on a separate sheet and attach it to your registration.

Deposit of \$25 enclosed

Make cheques payable to:

“Enntrain Association”