

Sisters of St Andrew



Do we have the right to be happy?

Wednesday 10th May 2023

With Anna-Stina Ponsford and sister Marie-Christine

10 arrivals, 10.30 start, 1pm end.

A peace that passes all understanding! All is well, all will be well, all manner of things will be well. As we face challenging situations, we may wonder if these promises are an impossible dream.

This workshop will address some of the issues we may have when we don't believe enough that we have the right to be happy, such as difficulty to set boundaries, saying no, believing that we deserve to be treated fairly and in the importance to take care of ourselves... Elements discerned in attitudes of 'Co-dependency' may help us to move towards a greater inner freedom and contentment, and to better root ourselves in the love of God.

Suggested donation: £15 - £25

Booking essential