



## JOURNEYING creatively through the MID-LIFE YEARS

How often do we hear the term "mid-life" (often, though not always, referred to women!) Do we believe that this is a wake-up call?

It can happen any time from from 18 -80 years old !!!!

Sometimes it comes as the result of an outside event: death, illness, divorce, separation, redundancy etc. or even the pandemic OR simply waking up one morning with the question "is this all there is"?

It is the moment(s) in our life when we realise there is more to life than what we are living and that what was once important to us no longer holds the same impact.

Could we now embrace the opposites that lie within us .....? In fact it is often the time to turn to our inner life, to those unrecognised or forgotten parts of ourselves which hold a treasure.

Truly this is our spiritual journey.

20th July 2021      10.00 am - 4.00 pm  
19th October 2021 10.00 am - 4.00 pm

Advance booking is helpful. Phone: 01275 792670  
Or email: [emmaus@emmaushouse.org.uk](mailto:emmaus@emmaushouse.org.uk)  
Donations are welcome.