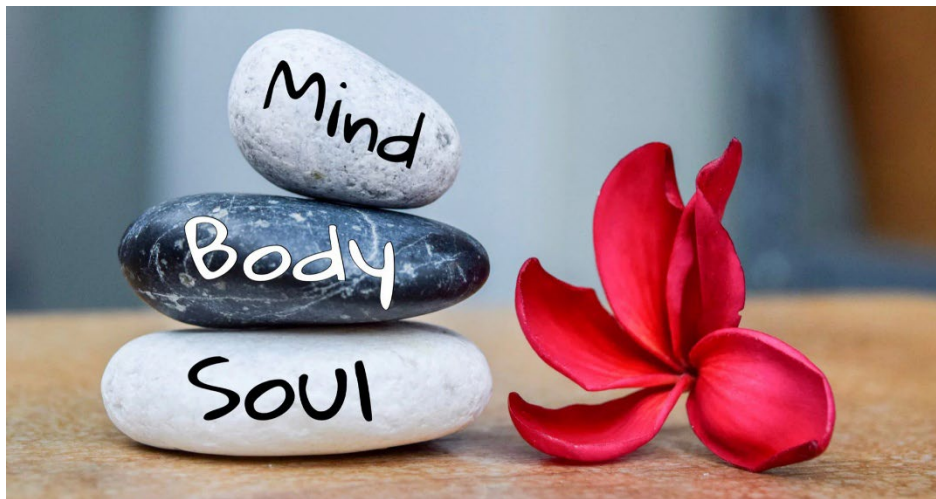


# *Seeking Wellness*

## *A reflection day with Julian of Norwich*

*"All shall be well, and all shall be well, and all manner of things shall be well."* Julian of Norwich

Julian of Norwich's spirituality gives us windows of insight into wellness. During this day we will explore themes of Awareness – Goodness – Appreciation and Joy – Love and the Cosmic Christ through the writings of Julian.



**Date: Tuesday 28 July 10.30 am – 2 pm**

**Facilitator: Lyndall Brown rsj**

**Venue: Te Manawa Atawhai Catherine McAuley Centre  
at Villa Maria College, Peer Street Upper Riccarton**

**Bring own lunch. Tea, coffee provided**

**Koha /donation**

**Registration helpful to: Rosary House 03 379 1298 or [roho@xtra.co.nz](mailto:roho@xtra.co.nz)**

**A Rosary House Spiritual Life Centre Programme**