

# *Are Trust and Well-Being Still Possible?*

With Carol Kniskern, MS

**Two Wednesdays, August 16 & 23**

**6:30 to 8:00 pm**

**Live (in-person) at Unity North Spiritual Center**

Trust and well-being seem in short supply these days. Confusion and the resulting stress and fear can take quite a toll on our physical, emotional, and spiritual health. Using a favorite quote from Jerimiah and an oft-quoted line from the Gospels, we can delve into the meanings and nuances of both trust and well-being.

Might scriptural wisdom (non-literal, of course) help us explore the ability to trust wisely and live in a state of well-being? Let's explore.

Carol is a past Spiritual Director of Unity North Spiritual Center.

**Registration Link:**

<https://go.unitynorthmn.org/TrustAndWell-Being>

*Community support for your spiritual path*



# ≠ POSSIBLE



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