

We Were Made for These Times:

10 Lessons for Moving Through Change, Loss, and Disruption

with Rev. Kathy McCall

Wednesday, January 22 thru February 19, 2025 (5-Week Class)

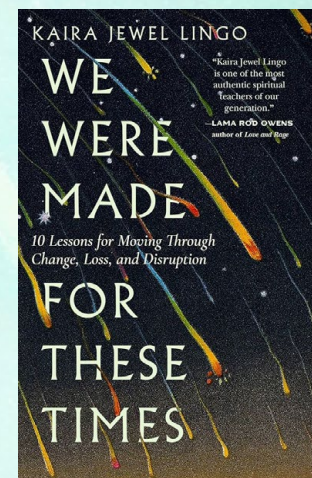
6:30 pm – 8:00 pm on Zoom (Love Offering)

The title of this class is based on a book by author Kaira Jewel Lingo. It is highly recommended that you obtain this book for the class. We will cover two chapters each week. Additional information from other sources will also be included in the weekly classes.

“Kairo Jewel Lingo draws on her years as a nun with Thich Nhat Hanh and her training of mindfulness, to offer the ideas, tools, and experiential practices we need to weather topsy-turvy times.”

On this five-week journey of learning how to move through times of transition and challenge, we will:

- Connect with present moment experience
- Discover greater compassion and clarity
- Deepen our meditation
- Learn ways to meet challenges with acceptance
- Gain insight from strong emotion
- Contemplate the “five remembrances”
- Face the “eight worldly winds”
- Practice some new tools for personal growth



We are living in times that require new approaches, new tools and techniques, and greater commitment to spiritual transformation.

Register Here: go.unitynorthmn.org/WeWereMadeForTheseTimes

Book Link: go.unitynorthmn.org/WeWereMadeForTheseTimesBOOK



Rev. Kathy McCall has been a lifelong spiritual seeker. She has served six different churches as a Unity minister and is currently serving at Unity North Spiritual Center in Coon Rapids, Minnesota. An astrologer, dream worker and storyteller, she has taught and facilitated workshops for over 35 years. She is the author of the book *The Unorthodox Life: Walking Your Own Path to the Divine*.



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