



Lighting Your Soul's Flame...

We are by nature spiritual creatures. Many of us yearn for a closer connection to the Sacred, a deeper sense of meaning, and hope that we will not squander our precious lives. Yet, in the busyness of our days, we can lose sight of the ordinary miracles in our midst. One day we wake up and realize, the light from our soul has dimmed and we seek to fan the flame.

It can help to have a guide...

Mary Bea Sullivan has created a unique collection of beautiful meditations and simple spiritual exercises that will renew your spirit and provide structure to your quest. The exercises can be completed in 15-30 minutes each day.

Support of fellow seekers...

You will share your experience by meeting weekly with a small group in Living AWAKE Circles. Facilitated by Mary Bea, the circles provide instruction, support, and inspiration. By the end of the 40 days you will have developed a community of fellow seekers and

A daily HABIT of spiritual practice and a renewed sense of living AWARE, AWAKE, and ALIVE.

Mary Bea Sullivan, LLC
1612 2nd Avenue SW, #127
Cullman, AL 35055

Living AWAKE Circles...forty days toward renewal with Mary Bea Sullivan



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Aware, Awake, Alive!

Why 40 Days?

Whether we consider Noah on the ark, the Israelites' in exile, Jesus in the desert, or the length of a "normal" human pregnancy, each of these examples speaks to a time of testing (40 days, weeks, or years) which leads to renewal and the fulfillment of promises.

In less than 6 weeks, the Living AWAKE Program will provide you with materials and support to develop a habit of nourishing your soul, leading to renewal and fulfillment of untold promises.

Spring 2010 Schedule		
Dates	Time/Cost	Location
Tuesdays 3/9-4/13	noon-1pm or 5:30-6:30 pm \$65	Birmingham, AL
Fridays 2/26-3/9	11am-noon \$40	Huntsville, AL

Mary Bea Sullivan

Mary Bea Sullivan is an Author, Retreat Leader, and Spiritual Coach facilitating retreats, workshops, and wisdom circles throughout the Southeast. She enjoys "getting out of the way" to allow the wisdom of the group to unfold; her humor and heart are infectious.

Mary Bea is the Founder of Project Compassion an end-of-life-care nonprofit. She has life coach, personal and spiritual development training and a regular Christian contemplative prayer practice. Rooted in Christianity, she has an appreciation for the wisdom and beauty of all faith traditions.

Her first book, *Dancing Naked Under the Moon* was featured in the Amelia Island Book Festival. She has been published in various magazines and is currently finishing her second book, *Living AWAKE ...forty days toward renewal*.

Mary Bea is available for one-on-one spiritual coaching in person or phone.

REGISTRATION FORM

Please mail this form with payment to:

Mary Bea Sullivan, LLC 1612 2nd Ave. SW #127,
Cullman, AL 35055

Contact information:

mary@marybeasullivan.com 205.329.4862

Name _____

Address _____

Email _____

Telephone _____

Please indicate which Circle: Birmingham Noon _____
Birmingham eve _____ Huntsville _____

Amount Enclosed _____

Fee includes materials and facilitated weekly circles.

I am interested in participating, but these times are not