

## **More Grace: The Art of Letting Go**

*The mature spiritual life is more about subtraction than about addition.*

Life is a continual process of letting go: letting go of loved ones, of dreams, of youth and ultimately of life itself; letting go of fears, of expectations, of control, of our ideas about God. How do we live with grace in the letting go times? How can we understand letting go as a spiritual practice?

When life forces us to let go of something which we are clutching fiercely, we discover with the ancient poet Rumi: *I need more grace than I thought*. Together we'll learn ways which, in our letting go times, will open us to that grace. We'll draw insights from the teachings of Jesus, world religions, poetry, our own experience, modern psychology and ancient saints and mystics

Cedar Falls United Church of Christ  
9204 University Avenue  
Cedar Falls, Iowa 50613  
**Saturday, January 7, 2017**  
9:30 a.m.-2:30 p.m.

Cost: Free Will Offering Lunch and snacks provided  
Please Register by January 3rd calling 319-266-9686 or emailing  
cedarfallsucc@gmail.com.  
For more information call 319-505-2424

Rev. Janice Springer, a pastor in the United Church of Christ, will lead this event. She has served churches for 35 years and is currently the Minister of Spiritual Formation at the UCC in Missoula, Montana. Her articles have been published in several journals including *Christian Century*. Janice is the author of *Spiritual Depth in Christian Worship: Ten Practices*, and is working on her second book. She has led workshops and retreats in the United States and Canada. She serves as a spiritual director and lives in Iowa and Montana.