

# Dorset Meditators

invite you to share in a day on

## **The Life and Legacy of Hildegard of Bingen (1098 – 1179)**

Led by Rev Shenna Gabriel and drawing on Hildegard's remarkable life story - with meditations and reflections based on her own words, music, and images.

*Shenna has a background in teaching, creative therapies, counselling, and spiritual direction and has recently retired from parish ministry. She finds in Hildegard's life story, writings, art, and music a multi-faceted approach to spirituality which she has been sharing with both local and national communities.*

Saturday October 8<sup>th</sup>, 2022, 10am to 4pm (reg 9.30am)

Brownsword Hall, Pummery Square, Poundbury, Dorchester DT1 3GW

- *Local free parking available in surrounding streets*
- *Refreshments on arrival and throughout the day*
  - *Bring a packed lunch*
  - *Suggested donation £13*
- *WCCM recommended books will be available*

For further information and to reserve your place, please contact Roz Stockley on 07929 007808, [rozstockley@copsewood.org.uk](mailto:rozstockley@copsewood.org.uk)

BACS payment to Dorset Meditators, 20-26-62, 3326 1042, using your name as a reference. Cheques, payable to Dorset Meditators, to:  
11 Witchampton Mill, Wimborne, Dorset BH21 5DE



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