THE ENNEAGRAM (PART 1): CELEBRATING WHAT IS RIGHT ABOUT YOU

## Phil GebbenGreen

This is a two-part series. Next month's topic will be The Enneagram: Freeing Ourselves from the Prisons of Our Own Making.

What if there is nothing wrong with you? The Enneagram is a psychological and spiritual tool that helps us see what is powerfully right about ourselves. By studying the nine Enneagram Types and finding our home-base pattern, we can begin to understand and accept why we do what we do, finding the freedom to truly be ourselves.

In September and October, we will:

- 1. Remember what is good and amazing about ourselves
- 2. Invite ourselves to take full responsibility for our own thoughts, feelings, and actions
- 3. Experience the freedom of self-awareness, using the tool of the Enneagram

Read a brief description of all nine Enneagram Types at enneagraminstitute.com.





PHIL GEBBENGREEN is a lifelong learner and teacher interested in big questions like, Why do we do what we do? and What if love is the only real thing? He is a Presbyterian co-pastor with his wife, Luna, and teaches with the Enneagram Prison Project.

now meeting in person! We are so excited to be able to come together again in fellowship. WIR Speaker Meetings will take place at Hennepin Avenue United Methodist Church in the art gallery upstairs. Greeters at the door will guide you to the meeting space. We hope to see you there!

Women in Recovery is

**WE ARE** 

**MEETING** 

**IN-PERSON!** 

JOIN US!!

For those who are unable to attend in person, we are offering an online option.

## LEARN • GROW • CONNECT

The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs. Hybrid info: Zoom ID: 935-0755-8272 Password: 259602

Hennepin Avenue United Methodist Church 511 Groveland Ave, Minneapolis, MN 55403

6:30pm

Refreshments & Fellowship

7:00pm Programming

theretreat.org/women-in-recovery | WIR@theretreat.org