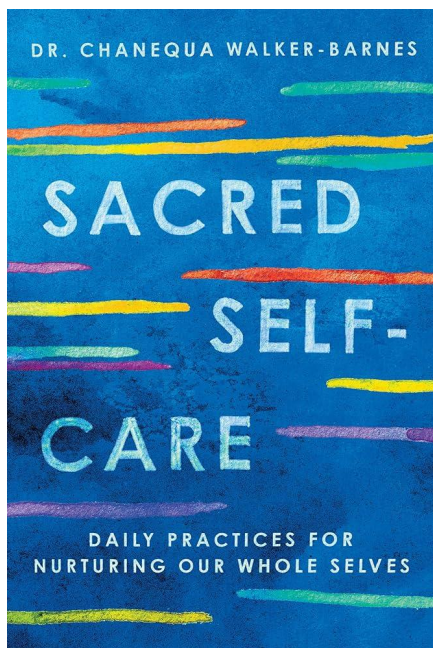


# Sacred Self-Care - Seasonal Small Group

Mid/Downtown Wednesdays @ 6:30 PM



In conjunction with the [sermon series](#), Trinity Seasonal Small Groups in the winter of 2024 will form around *Sacred Self-Care: Daily Practices for Nurturing Our Whole Selves* by Dr. Chanequa Walker-Barnes. If you need assistance in acquiring a copy, please contact your group's host.

We'll be spending balanced time relationship building, care, and conversation around the book's content/practices. It is OK if you can't attend every session. Join as you are able.

## **When:**

Wednesdays at 6:30 PM, January 24 - February 28, 2024

## **Where:**

The Yarchenbach Home  
3440 Guilford Ave.  
Indianapolis, IN 46205

**RSVP:** Joel @ [joel@indytrinity.org](mailto:joel@indytrinity.org)

## **What to Bring:**

- Any journaling/notes or reflections on experiencing the practices from the book.  
**Please engage in the practices for the week's chapter prior to the seasonal small group.**
- A gracious and curious posture

## **Content/Practice Schedule by date:**

1. Jan. 24: Chapter 1 / Day 7. Intros + Self-Care is Sacred
2. Jan. 31: Chapter 2 / Day 14. Good Self-Care Shepherds
3. Feb. 7: Chapter 3 / Day 21. Compassion Turned Inward
4. Feb. 14: Ash Wednesday
5. Feb. 21: Chapter 4 / Day 28. Mind Your Boundaries
6. Feb. 28: Chapter 5 / Day 35. Nurturing Emotional Wellness

## **Wondering through Practice:**

1. Someone open by reading the prayer.
2. Listen to (sing or read) the song together.
3. Engage in the practices for the week and then "wonder through practices" together. Share your experience and discuss the reflection section at the end of the week's chapter. **How does Wisdom show up in this practice?**
4. Someone (or all together) read the benediction.

## **Resources:**

[Expectations for healthy conversation](#)