



First Things First

Reflections on Spirituality, Resilience and the Impact of Conscious Choice

Sunday, August 24

9:15-10:45 a.m.

Catholic Student Center (6352 Forsyth / 63105)

Join us as we continue this summer series on resilience. In this session, we will use story, reflection and discussion to explore the impact that consciously choosing our “first things” can have on our personal sense of resilience.

- Led by Tom Wagner Ph.D. and Cathy Modde
- Coffee, tea and home-made bread and jam will be served.
- Adults and young adults of all faith traditions are welcomed into the conversation.
- Suggested donation: \$10. (Pay what you can.) Proceeds will help create future programming to promote resiliency in personal and professional life.

For more information, contact Cathy Modde (cmodge@gmail.com)

Check out sundaymorningcafe.com for another cup of inspiration!