



# MY JOURNEY

AN ELDER WISDOM PROGRAM SERIES FOR THOSE 55+  
SPONSORED BY THE CENTER FOR SPIRITUALITY AT WORK

## JOURNEY REVIEW AND FORGIVENESS

*with presenter and facilitator Emily Cardin, BSN, RN, M.Div*

The senior years are given to us as a time to take stock of our lives and to deal with unaddressed wounds from the past. Is there someone who has hurt you and you have not yet been able to forgive? Are there some decisions you've made in the past and you haven't yet forgiven yourself? We can examine the wounds of a lifetime and transform them into life-giving moments for ourselves and others. As we age, we are given the opportunity to be set free!

**When** **Friday, December 7, 2018**  
**10:00 a.m.-12:30 p.m.**

**Where** *St. Joseph Hospital*  
*1375 E. 19th Ave., Denver 80218*  
*Free Valet Parking*

**Cost** *\$30 - includes materials (need scholarships are available)*  
***Early Bird rate - \$20 if registered and paid***  
***by December 4th***



The Reverend Emily Cardin is currently serving Glory of God Lutheran Church in Wheat Ridge. She spent 24 years as a nurse in the fields of trauma, addiction, and mom/baby care. For nine years Emily was involved as the minister of New Beginnings Church inside the walls of Denver Women's Correctional Facility and guided groups of women in a process of forgiveness. She loves to journey with others to find God in unexpected ways and places.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ST/ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

## JOURNEY REVIEW AND FORGIVENESS

To register, return this form with your check payable to:

Center for Spirituality at Work  
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Questions: 303-383-1610  
Wisdom@cfsaw.org

Or register online at [www.cfsaw.org](http://www.cfsaw.org)