



What Are You?

Sundays starting

September 11

9:00 to 9:40 am

**Join MaryEllen Avis on Sunday mornings
in the Fillmore Wing starting September 11
as she leads us through the study of
Imelda Octavia Shanklin's book:**

What Are You?

During the study of this book, you will get the opportunity to ponder what life is like if it is lived from the point of view of directly knowing our true nature, our oneness with God. This spiritual maturity then shapes how we think and what we choose to think about and what we consider real and worthy of our time and energy. It also brings into our awareness what our true resources are and how we can tap into them to create a truly fulfilling life. It will also give you fresh insight into what it means to live a life of nonresistance.

Spiritual Education & Enrichment (SEE) credit available