

AVAILABLE NOW



Strength in the Storm: Creating Calm in Difficult Times

Presenting a seven-week faith series based on the writings of Eknath Easwaran, a modern mystic, who shares how to use the timeless spiritual practices of the mystics of all traditions to achieve personal transformation.

It is our joy and privilege to offer the Strength in the Storm series as a freewill gift to our fellow Unity churches nationally.

—Rev. Inge Tarantola, Senior Minister

**—Donna Smith, Assistant to the Minister
Unity Church of Roseburg**

This series will teach practical, time-tested skills to:

- **Be at your best in stressful and confrontational situations**
- **Strengthen relationships, and become more patient**
- **Deal effectively with minor irritations**
- **Respond calmly and creatively to crises, and support those around you**

The Series Kit contains:

- **Sunday Talks**
- **Guided Meditations**
- **Weekly Handouts: Points to Practice; Key Ideas; personal stories about putting the practice to work**
- **Newsletter Article**
- **Poster/Flier**

Download at: www.unityofroseburg.org