

A decorative Islamic geometric pattern in shades of brown, gold, and red, featuring intricate floral and geometric motifs. The pattern is partially obscured by the text on the right side of the page.

Spiritual Practices for the Holidays

with Imam Jamal Rahman

Saturday December 9

12 Noon — 4:00pm

Practicing Mindfulness
& Gratitude, Dealing with
Difficult Feelings & Fatigue,
Cultivating Joy & Peace
during the Holiday Season

To Register: Email
sallyjogilbert@gmail.com

Tuition: \$45

Interfaith Community Sanctuary

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