



Anam Cara?

Anam Cara is Gallic for "Soul Friend." It comes out of the Celtic tradition of encouraging us to find a spiritual companion who journeys with us on our path of life.

Anam Cara is a ministry of spiritual direction and yoga that also offers retreat opportunities and group classes --- all of which are intentionally shaped to support you in your own discernment of the presence and invitations of the Spirit towards healing, transformation, freedom, authenticity, and service in the goodness and love of God.

4755 North Peachtree Road
Atlanta, Georgia 30338
www.stpat.net



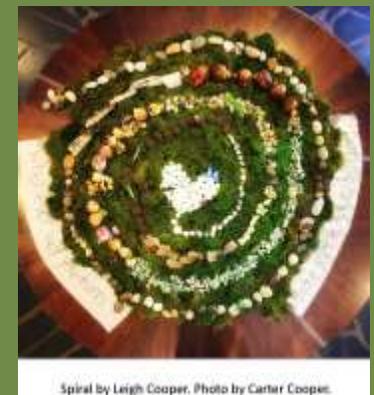
The Reverend Julia G. Rusling, Director

Born and raised in Rochester, New York, a graduate of Yale Divinity School, Priest Associate at St. Patrick's, and a certified yoga instructor (RYT-200), Julia now lives in Dunwoody with her husband and son. Over the years she has worked particularly with Ignatian spirituality, centering prayer, mind-body-breath work, labyrinth, proprioceptive writing, anxiety breath work, and yoga. Julia also finds great joy in serving on the Diocese's Commission for Dismantling, Racism, advocating for literacy issues, laughing and walking with friends and swimming. She can be reached at rev.julia@stpat.net or 770-455-6523.



Soul Friend

A Ministry
of Spiritual Direction, Retreats,
and Yoga
Guided by
the Rev. Julia G. Rusling
at St. Patrick's
Episcopal Church,
Dunwoody, Georgia



Spiral by Leigh Cooper. Photo by Carter Cooper.



St. Patrick's Episcopal Church

Following Christ as we
welcome, nurture,
love and feed all
God's children.



Yoga Class Schedule:

Mondays noon – Meditative
All levels

Fridays noon – Yin
All levels

All classes are held in the Parish Hall.

Cost:

Drop In: \$15

5 Class Card: \$65 (\$13/class)

10 Class Card: \$115 (\$11.50/class)

20 Class Card: \$200 (\$10/class)

Scholarships joyously available.



May you see in what you do the beauty of your own soul.....

--John O'Donohue, Anam Cara

A Blessing

May you be blessed with good friends.

May you learn to be a good friend to yourself.

May you be able to journey to that place in your soul
where there is great love, warmth, feeling, and
forgiveness.

May this change you.

May it transfigure that which is negative, distant, or
cold in you.

May you be brought in to the real passion, kinship, and
affinity of belonging.

May you treasure your friends.

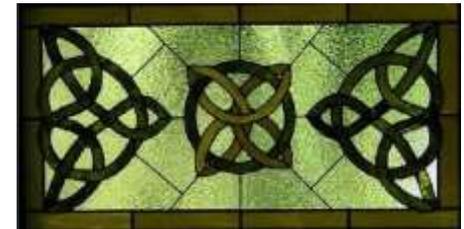
May you be good to them and may you be there for
them; may they bring you all the blessings, challenges,
truth and light that you need for your journey.

May you never be isolated.

May you always be in the gentle next of belonging
with your anam cara. – John O'Donohue

The honorarium for a one hour session is \$60- \$90.

Please make checks payable to "St. Patrick's
Church" with "Anam Cara Fund" in the memo line.
*Please note that the fee is not tax deductible, as
it is for services rendered.



Charitable donations (tax deductible) can be made
to "St. Patrick's Church" with "Anam Cara
Scholarship" in the memo line. These gifts will
support scholarships to those who desire spiritual
companionship, but for whom payment would be
a hardship.

Scholarship monies are available and joyously
offered. Please speak with Mother Julia ahead of
time to arrange.