

# A Path to Simple Living

## Escaping a Hectic & Cluttered Lifestyle

Presented by Sustainable Sanctuary Coalition



← The choice is yours →



*Life just doesn't seem to get any easier, does it?*

There are plenty of compelling reasons to live a more simple life, but the daily grind at work and home often leaves us unable to find the path to simplicity.

Come learn practical ways you *can* make a shift. Explore:

- What it is and how it can benefit you and Earth
- The spirituality/principles that support this choice
- Proven ways and tools to help you simplify
- How to overcome the obstacles to simplification

This participatory workshop will offer meaningful and straightforward approaches to beginning the transformation to a simpler lifestyle, in harmony with your best self, God and creation.

### *The Simple Facts:*

*When:*

February 23, 7:00-9:00 pm

*Where:*

St. Michael and All Angels  
Episcopal Church  
6630 Nall Ave., Mission, KS

*Cost:*

Suggested donation of \$15  
(but give what you can)

*To Register:*

Please contact  
Don Kosmicki  
913-384-6423 or  
[dnksmck@gmail.com](mailto:dnksmck@gmail.com)  
by February 21.

### *The Presenters:*

**Carol Meyer**, Executive Director of the Sustainable Sanctuary Coalition, educator, and proponent of simple living.

**Rob Reiman**, an environmental policy consultant and Green Team leader at St Paul's United Methodist Church, Lenexa.

For more information:

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or visit

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