

GUNN MEMORIAL LIBRARY AND MUSEUM
5 WYKEHAM ROAD BOX 1273 WASHINGTON, CT 06793
(860) 868-7586 Fax: (860) 868-7247 www.gunnlibrary.org

Press Release/Calendar of Events/Public Announcement

For Immediate Release

Date: January 13, 2014

RE: "Feed Your Spirit" Book Discussion Series at Gunn Memorial Library

CONTACT: Margaret Ferguson gunnprograms@biblio.org or 860-868-7586

Reverend Cheryl P. Anderson and Anne-Marie Davenport will lead an uplifting and in-depth book discussion series, "Feed Your Spirit", at Gunn Memorial Library. This five part series will focus on personal and spiritual enlightenment. First in the series of books to be discussed, on Monday, February 10, 2014 at 1:30 pm in the Library's Wykeham Room, is *Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind* by Roger Walsh, M.D., PH.D (foreword by his Holiness the Dalai Lama).

Based on over twenty years of research and spiritual practice, this is a groundbreaking and life-changing book. In his decades of study, the author, Dr. Roger Walsh has discovered that each of the great spiritual traditions has both a common goal and seven common practices to reach that goal: recognizing the sacred and divine that exist both within and around us. Filled with stories, exercises, meditations, myths, prayers, and practical advice, *Essential Spirituality* shows how you can integrate these seven principles into one truly rewarding way of life in which kindness, love, joy, peace, vision, wisdom, and generosity become an ever-growing part of everything you do.

The Reverend Cheryl P. Anderson is Pastor of the First Congregational Church of Washington. Her own eclectic spiritual journey ultimately led to a Masters of Divinity degree from Andover-Newton Theological School and ordination in the United Church of Christ. She has led the church in Washington for 17 years. Cheryl has led adult studies in the history of Christianity and the Bible as well as studies of other faiths including Buddhism, Islam, and Judaism. She is certified to lead Contemplative Prayer groups and retreats and regularly leads spiritual practice groups at the church. She has had training in Transcendental Meditation, Vipassana, Zen, and Centering Prayer and her own 40-year meditation practice utilizes what she has learned from all of them to keep her spirit well fed.

Anne-Marie Davenport is a Spiritual and Bereavement Care Coordinator for hospice and a minister at the First Congregational Church in Washington, Connecticut. She holds a Master of Divinity from Yale Divinity School and a Graduate Certificate in Women's Leadership from Hartford Seminary. She has facilitated spirituality, bereavement and book groups in both church and institutional settings. Anne-Marie likes to describe herself as "a spiritual mutt" and a Catholic-Evangelical-Congregational Yogi. Her spirituality is formed from many faith traditions, Kundalini yoga, life experiences, the 12 Steps and her work as a minister. She is interested in and open to everyone's journey. She lives in Washington with her husband Jim and their four children.

Copies of the books will be provided by the library and will be available at the circulation desk prior to each discussion. Subsequent dates for the other discussions planned at 1:30pm are: Monday, March 10; Monday, April 14; Monday, May 12; and Monday, June 9.

This program is free and open to the public. Registration is requested.

Please call the Library for further information or visit www.gunnlibrary.org

**The Gunn Memorial Library & Museum is located at 5 Wykeham Road
at Route 47 on the Green, in Washington, CT.**