

St. Hildegard's Herbery



Friday, May 19 ~ 6-8pm

St. Faith's Anglican Church ~ 7284 Cypress Street (at 57th)
(Enter through the church front doors on 57th Avenue)

Join us for another in our "Potluck and Practice" series

This month our special guest will be indigenous herbalist Lori Snyder, who will companion us on a contemplative walk to explore local plants, and then help us dream our community herbery... and more!

You are invited to bring a simple meal contribution, and wear comfortable "mess friendly" clothing & walking shoes. \$10 offering suggested towards costs.

If you prefer the balm of solitary contemplation, the sanctuary will be open for quiet reflection and creative practice as usual.

*Please indicate your intention to join us by Wednesday, May 17
by email to sthildegards@icloud.com or by phone to 604-266-8011 (ext. 1)*