

AUGUST 3
SACRED JOURNEY:
KENNETH WHITE
PICNIC @ CIRCLE

AUGUST 10
REJUVENATE

AUGUST 17
RECIPE FOR
RESILIENCE

AUGUST 24
MESSY TABLE!

AUGUST 31
PEACE IS A
PRACTICE



August 2022 REJOUVINATE

A REVOLUTION OF THE SOUL, INSPIRING RESILIENCE

AUGUST 4
CASPER ARTWALK

AUGUST 14 & 15
YOGASOUL
IN PERSON/ON ZOOM



The Table is set every Wednesday at 5:30 or 6:30pm gathering in Person & Online: Join us at The Lyric for shared food at 5:30 pm {230 W. Yellowstone HWY} or join us via Zoom at 6:30 pm or by scanning the QR:





Centerpiece

Where the Table's News Rests

Solabration

SAVE THE DATE!
SEPTEMBER 17TH FOR SOLABRATION
6TH ANNIVERSARY EDITION!

What's your favorite Solabration memory? Was it observing the dizzying Total Solar Eclipse in 2017? Dancing in the rain with siblings across cultures in 2018? Or the profound soul-wisdom of our friend, don Jose Ruiz in 2019? Around The Table, alongside the Red Clay Abbey and in partnership with our beautiful Yoga on the Labyrinth community we present Solabration 2022 on September 17th. Solabration has a very beautiful history in our community... it began in 2017 as the brainchild of The Table's Board and Elliott Ramage to offer a space to experience the Total Solar Eclipse together at the Bart Rea Learning Circle. We hosted people from all over the world in a spiritually uplifting and celestially gorgeous way. In 2018, we hosted our second Solabration, with Yellow Bird Indian Dancers bringing our main and powerful community event.

In 2019, we had the immense honor of learning from don Jose Ruiz on his powerful book, *The Fifth Agreement*. In 2020 and 2021 smaller, safer gathers were held in honor of the International Day of Peace in September at some point. This year, we are proud to merge the Solabration with International Day of Peace, to host a day to be together in community. There will be: embodied wellness practices, live music, food & stories of peace. Solabration has been a “more than the sum total of its parts” kind of experience in our community every year. More than ever, we recognize that as humans, our survival is interdependent. Let us turn our intention to the good we can co-create during Solabration this year. Don’t miss out on the festivities on the Circle next to our beautiful North Platte River. How will you practice peace with your human siblings on our mother earth this year? Join us to share your Solabration & Peace stories.

The Table & *Red Clay Abbey* Events

WEEKLY *Events* Open Listening: On hold for the Summer.

The Table: Join us every Wednesday night downtown at The Lyric for shared food, compassion teachings, exploration, embodied spiritual practice, and community conversation. All are welcome! If you would like to join us online, please follow this Zoom Link at 6:30 p.m.
<https://us02web.zoom.us/j/81694859096>

MONTHLY *Events*

YogaSoul A once a month gathering blending Yoga and Christian Spiritual tradition. This is a restorative, contemplative practice. All bodies and All faith traditions are welcome. Join us in person every 2nd Sunday of the month at 123 S. Durbin Street in Casper, or online over Zoom on the 2nd Monday of the month here:
<https://diowy.info/YogaSoul>

Circles of Trust: Monthly group of women in professional ministry coming together for support and spiritual nurture. We are meeting this month on August 19th 1 pm at Racca's Pizzeria

Artwalk: The Table will be hosting several Artist in the Lyric space, on the first Thursday of each month all summer long. Come and join us, and experience a variety of art forms from 5-8pm.

Pinic at the Circle: The first Wednesday of every month we hold our same Table gathering out side at Amaco Park, around the Labrythn. We meet for dinner at our same 5.30 time, and we start our same discussion at 6.30. This is the only week in the month we do not offer Zoom.

Messy Table: This is a special Table gathering in which we embrace our motto of "It can be messy at times". We open up a story as the topic for the evening and do our best to walk through all the peices of the story. There are things to touch, and movement, sometimes there are crafts. This event is meant for all ages and walks of life to really embody a story together as a community. This month Messy Table with me August 24th at our usual Table time at 5.30 on Wednesday night.

EVENT HIGHLIGHT: MESSY TABLE PRESENTS: STONE SOUP

Join us for an intergenerational community gathering and community enactment of a classic children's story, "Stone Soup".

Participation in an intergeneration program helps improve social and emotional skills in children and decreases social anxiety and isolation in adults.

This community gathering brings us together for our shared need and desire to share food and be nourished both body and soul.