



## The ONGO Group Starts September 12!

“What if peace, compassion, and wisdom weren’t just nice words that you visit from time to time, but your actual day-to-day experience? What if your home was your temple and your life was your spiritual teacher?” These words, written by Catherine Cadden and Jesse Wiens Chu, welcome participants into the study of ONGO with transformative daily practices inviting us to bring spiritual practice home! The study ONGO is used as shorthand for *ongoing* spiritual practice.

The book offers 12 weeks of inspiration, step-by-step guidance, and ways to create support and companionship in and through the journey. The group will meet each Thursday

evening beginning September 12 through December 5 from 6:30-8:30 p.m. Once a month at 5:30, the group will enjoy a pot luck dinner prior to the 6:30 meeting!

Over the years ONGO has been offered empathetic friendships have been developed. One previous ONGO participant said, “This is the most important group I’ve ever attended. I’ll never forget it.”

As Ram Dass said, “We are all just walking each other home.”

**When: Thursdays, September 12 - December 5,  
6:30-8:30 p.m.**

**Where: Hillwood Presbyterian Church, 6220, Hickory  
Valley Rd, Nashville 37205**

**Fee: \$225 - \$260**

The ONGO Book, found on Amazon or anywhere you purchase books, will be the guiding structure with intentions and practices to follow per week.

**To Register, go to [CarleneMaginnis.com](http://CarleneMaginnis.com), click Events!**  
If you would like to know more about ONGO, please contact.  
[carlenemaginnis@gmail.com](mailto:carlenemaginnis@gmail.com).