

Lost and Found

A Day of Reflection, Hope and Healing

Saturday, May 20, 2023, 9:30 a.m. to 3:00 p.m.

Centenary United Methodist Church

411 E Grace St. Richmond Va. 23219

Sponsored by Downtown Cooperative Ministries

The past several years have changed you. You might want to spend some time reflecting on grief and loss so that you can move on to discover what you have gained during the last few years. What gifts have you discovered? Join our facilitator, David Hoover, on Saturday, May 20 for a workshop we are calling: Lost and Found. Through a variety of spiritual practices and safe small group discussions, participants will be guided to explore the toll and the treasure of this pandemic.



David Hoover is a nationally known retreat and workshop facilitator. David's expertise is in creating safe spaces to talk about important topics. David is a therapist in private practice in Richmond, VA. He has a Masters of Divinity from Louisville Presbyterian Seminary and a Masters of Social Work from the University of Louisville. He has provided spiritual direction to individuals for over ten years, having trained at Washington National Cathedral.



To register: <http://tiny.cc/tgh5vz> (or scan QR code)

You may also register to davidwhoover@aol.com. Payment may be handled on the URL codes or a check made out to Centenary UMC and mailed to the Centenary address listed above for \$35 with Lost and Found in the memo line.