

## SUNDAY NOV 26 10:00 AM - 10:45 AM

## Discovering (More) Delight: Living Well Class

Join us in the Living Well class for more reflections on Ross Gay's Book of Delights. We'll muse on those mundane delights that often go unnoticed. More than simply making lists of things we're grateful for, entertaining delight invites us to experience the richness of the tiny graces we encounter every day.



