



A day exploring the transformative power of the margins. What aspects of ourselves do we – consciously or unconsciously - marginalise within us? How can we integrate those parts so as to become more whole? In what ways are we challenged and changed by those on the margins?

We will draw on our own experience, individual reflection, small groups, prose, poetry and the arts.

The day will be facilitated by Chris Bemrose and Mike Mullins. Chris is a former leader of L'Arche Bognor Regis; Mike is an experienced facilitator and coach.

There is no charge but participants are invited to make a donation to cover costs. Light lunch provided. Arrive for tea or coffee around 10.30 and a prompt start at 11.00. The day finishes at 4.30pm. Please phone or email to reserve a place: 01243 278307; 07910 130415; runctonmanor@gmail.com. Further details at www.runctonmanor.com

Saturday 28th July

