

# Holding Fast to Love: An Interfaith Retreat on Inauguration Day



People of all faiths and practices are invited to join us for this daylong silent meditation retreat on Inauguration Day. We come together in the spirit of inclusiveness and community.

We'll engage in a variety of meditative practices that honor the complex emotions many are feeling at this time, and encourage the mindfulness, resilience and self-compassion needed to stay engaged through the changes and uncertainty that lie ahead.

**Friday, January 20, 2017**

**9:00am - 3:00pm**

**River Road Unitarian Church, Bethesda, MD**

**Led by: Trisha Stotler and Trish Magyari**

**<https://imcw.org/Calendar/EventId/1811/e/daylong-holding-fast-to-love-20-jan-2017>**

**Questions: [trisha@insightlifeservices.com](mailto:trisha@insightlifeservices.com)**

**Sponsored by the Insight Meditation Community of Washington [www.imcw.org](http://www.imcw.org)  
Member of the Interfaith Conference of Metropolitan Washington and  
Tyson's Interfaith Partnership**