

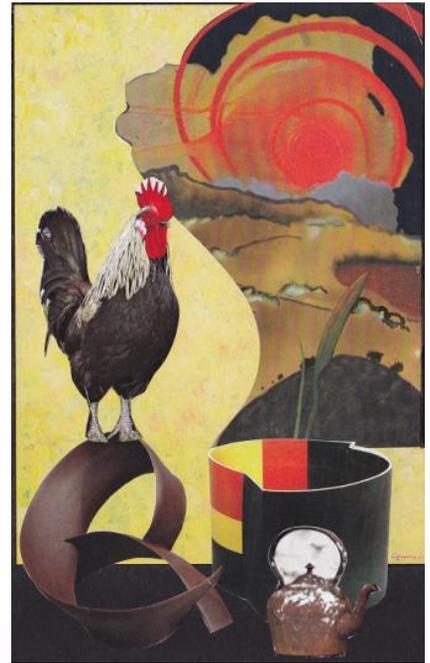
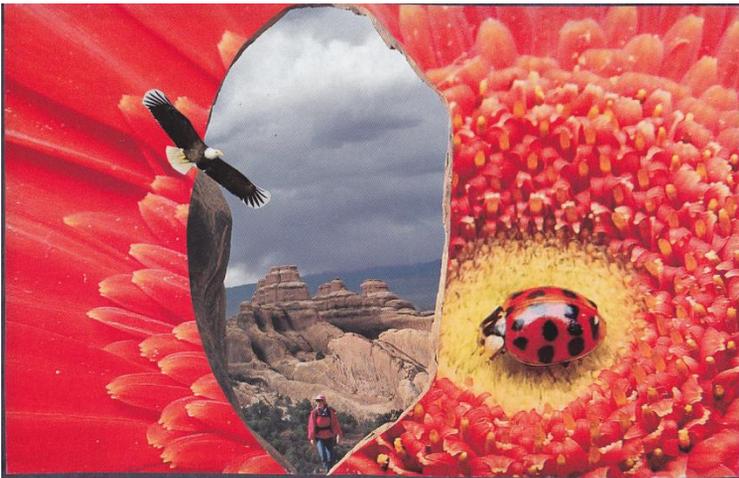
# Santa Barbara ACA Workshop

## Soul Collage Card Workshop

### Saturday, September 27, 2014

10 am – 5 pm

Trinity Lutheran Church, 909 N. La Cumbre Road (at Foothill Road)  
Santa Barbara, 93110



- 9:30-10:00 Set-up
- 10:00-10:30 Sign-in & Social
- 10:30-11:30 Who We Bring to the Party
- 11:30-12:30 Potluck Lunch
- 12:30-2:15 We trust the Outcome
- 2:15-2:30 Break
- 2:30-3:45 Conscious Contact
- 3:45-4:00 Break
- 4:00-5:00 ACA meeting/Closing
- 5:00-6:00 Social and clean-up
- 6:30 Restaurant Dinner; Location TBD



Explore the soul collage card experience with us. We'll consider ACA concepts such as the inner child, healthy vs critical parent, and Higher Power. Then using a guided imagery meditation, we'll journey through the process of creating our own soul collage card. This process is a tool we can use again to explore ACA issues when they present themselves.

There is no fee for this workshop. Please bring a potluck lunch item, a donation to help with venue rent and supplies, scissors, and magazines with fun images (to donate).

Contact: Tara, (805) 717-4901