

Refresh and Gladden: *A series of Lunchtime Gatherings with the purpose of reciting Holy Writings, exploring topics of interest and sharing our thoughts as we share food together.*



Where: Ottawa Baha'i Centre

When: Tuesdays, 11am – 12:30pm

***11am: Prayers and Readings**

11:30 Presentation

Noon: Lunch and Discussion

Please bring your lunch – coffee & tea provided

- **Tuesday, May 5: *Writing Your Life***
Presenter: Paul Touesnard
- **Tuesday, May 12: *The Art of Mark Tobey***
Presenter: Jennifer Phillips
- **Tuesday, May 19: *The Creative Self and the Spiritual Self: How the Process Works***
Presenter: Jack McLean
- **Tuesday, May 26: *Life and Times of Dizzy Gillespie***
Presenter: Sylvie Nantais

***Please note start time**

Please come and bring a friend!

Ottawa Bahá'i Centre – 211 McArthur Avenue

613-742-8250

centremanager@bahai-ottawa.org