



THE WISDOM ENNEAGRAM CIRCLE

We are more than our personalities. We are a mystery that has taken a particular form and flavor that is our type. -- Russ Hudson

Do you often wonder about who you really are and what your purpose is? The enneagram is an ancient nine-pointed symbol that can help us learn more about our true nature and what gets in the way of being our authentic self. When we come to know ourselves more deeply we have more compassion and understanding for ourselves and for those who see and process the world differently.

Please join us for a year-long journey of discovery with the enneagram. The group will meet once a month on a Wednesday evenings for eleven months starting in August, 2024. Before the group begins you will take an assessment to determine your enneatype and have a one hour interview with the facilitator. Each session will include a short meditation, teaching, group dialogue, panel discussions, and self-reflection time. The first session will be a four-hour introductory workshop to the enneagram, time to get to know one another, and a luncheon.



The Wisdom Enneagram Circle will be facilitated by The Rev. Amber Sturgess, an Episcopal priest, spiritual director, and a certified Enneagram Coach.

See What Former Participants are Saying. . .

**Begins August 17,
2024**

**For More
Information on Cost
& Joining the
Journey Contact:
Amber Sturgess
rector@allsaintscarmel.org**

org

**Register by June 15,
2024**

**The Circle is Limited
to 25 People so
Register Soon!**

**ALL SAINTS' EPISCOPAL
CHURCH**

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“I’ve known about the Enneagram for years but never have really known what to do with it. Amber’s teaching and the group work have opened a new door of spiritual and emotional understanding which has been surprising and wonderful. I’ve also appreciated the in-depth work of the community that has gathered each month. All in all this has been the best course I’ve taken in years.” -- Holly Hudson-Louis

“I’ve been thoroughly enjoying the Enneagram teachings that Amber has been offering. What I love the most about it is how it allows us to delve deeper into understanding ourselves and those around us. It has genuinely been an incredible opportunity to step outside of my own perspective and develop genuine empathy for how others perceive, feel, and think about the world. I wholeheartedly recommend this course to both newcomers to the Enneagram and those who have been studying it for years. Kudos to you, Amber, for hosting this!” -- Steve Netniss

"Every month for the past year I've looked forward to Amber's Enneagram Group. It's a monthly gift to be in community with interesting, curious people exploring self-awareness, sharing in spiritual growth, and having fun in the process. Highly recommended for all curious seekers!" -Tyler Scheid

“What started as a chance to learn about myself and my closest family members has become a profound spiritual sojourn to better understand where we all come from. I have become far more compassionate and a dedicated listener to understand others and can see the beauty and wisdom in everyone.” – Elizabeth Mullins

“The enneagram sessions provide a welcoming space for us to learn about ourselves through meaningful interactions with other members. It has truly been a life-giving experience.” – Yo Azama

“The enneagram group has been a circle of spiritual growth for me since the beginning. I’m learning to identify the patterns of my personality, but equally important is the ability to perceive other’s actions with more understanding and empathy.” -- Troy Brunke