

# ST. HILDEGARD'S SANCTUARY



## INDIGENOUS PLANT WALK

Sunday, July 7 at 3PM

St. Faith's Anglican Church ~ 7284 Cypress Street (at 57th)

Join us on a contemplative walk directed by Metis herbalist Lori Snyder who will guide us in an exploration of local plants to learn about their meaning and uses.

Wear your walking shoes. Light refreshments provided.

\$10-20 suggested contribution, *more or less as able.*

*Our Sunday evening contemplative service follows at 6pm.*

**All are welcome!**

*Indicate your intention to join us by Wednesday, July 3 by email to [sthildegards@icloud.com](mailto:sthildegards@icloud.com)*