



# Spaceforsoul

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## Soulspace



### **Two Sunday mornings a month**

10.00 am – 12.00 pm

Venue: The Old Library, Muller Road,  
Eastville, Bristol, BS5 6XP.

Everyone is welcome no matter where you are  
on your spiritual journey

## Soulspace: making time for soul

Join us at our monthly informal Sunday get-togethers – an opportunity for us to talk, share, explore, reflect and simply be together for a while. We welcome people from any faith background or none and from all walks of life including ethnic minorities and the LGBT community. You don't have to be a member of Spaceforsoul or to be involved in our community in any other way to come along. Wherever you are in your journey and whatever your own spiritual path, you will be very welcome.

This is a space in which there are no 'right' answers and which is free from unhelpful demands, expectations, restrictive structures or rules. It is a space for those of us who no longer want to be told what to think or believe and who want the freedom to explore, without fear of judgement, the doubts, questions and uncertainties we may be wrestling with. It is a space which encourages a creative searching for the answers to life's deepest questions and which seeks to resource us in finding our own unique path to the Divine.

Each time we spend together is different and is shaped by the individual needs and interests of the group. We might, for example, spend time discussing particular questions or topics or exploring our reactions to music, poetry, books or films that have particularly spoken to us. We might spend time being meditative or contemplative, trying out spiritual practices we might not have experienced before or nurturing our souls through simply being still. We might spend time breathing in the beauty of the natural world or simply sharing fellowship together.

In order to meet the venue and refreshment costs of our meetings, we invite a donation of around £3:50 to £4 per person. If you feel unable to donate as much as that, however, any contribution you are able to make will be very welcome. Donations can be made by cash or via Ko-fi, Paypal or BACS.

If you would like to know more about our Soulspace meetings before coming along, feel free to contact us at [spaceforsoulbristol@gmail.com](mailto:spaceforsoulbristol@gmail.com)