

# The Sacred Dark: Celebrating The Winter Solstice

With Dan Keusal, M.S., LMFT  
Wednesday December 18, 2019 6:30-8:30 PM

*Isn't it wisdom to step out into night, and cold,  
and let them in, and let them be their own form of grace,  
and in doing so, to let our bodies and our souls remember  
our own night and cold, and our own longing for light and warmth?*

~from the poem "Ancient Wisdom, Remembered," by Dan Keusal

This evening of reflection, sharing, and ritual will explore how we can embrace winter, and dark, and cold—literally and symbolically—as their own forms of nourishment and grace. We'll look at the wisdom of remembering how the ancients experienced the winter solstice, and meditate on the relevance of that for our own busy lives in today's world. After some introductory reflections by the presenter, there will be time for individual writing and reflection; then, in the spirit of creating community, we'll move toward small and large group sharing, before closing with a quiet, contemplative ritual to honor and celebrate the sacred dark of this winter season.



WHEN: Wednesday evenings, December 18, 2019, 6:30 – 8:30 PM  
WHERE: St. Andrew's Episcopal Church 111 NE 80<sup>th</sup> Street, Seattle, WA 98115  
FREE, and no -preregistration needed  
MORE INFO: [www.DanKeusal.com](http://www.DanKeusal.com)



**Dan Keusal, M.S., LMFT** has worked for 27 years as a Jungian psychotherapist, and for 22 years as a professional astrologer in Seattle. He holds a B.A. in Theology from The University of Notre Dame, and a Master's Degree in Marriage & Family Therapy from Seattle Pacific University. He has delivered more than 200 lectures and workshops, including presentations at Microsoft, Seattle University, Seattle Counselors Association, The Northwest Astrological Conference (NORWAC), Providence Health Systems, The C.G. Jung Society of Vancouver B.C., and dozens of other churches, businesses, and community groups. For more info, visit

[www.dankeusal.com](http://www.dankeusal.com).