



# HEARTPATHS DFW

SPRING SHORT SHOPS 2024

SHORT-TERM OFFERINGS OF  
SPIRITUAL PRACTICE TO NURTURE  
GROWTH AND TRANSFORMATION

## God's Graces in My Lists

Led by  
Shawn Ashmore  
and Cathy Irby

*Thursdays  
on Zoom  
7 PM CT  
8 PM ET*

*February 22, 29,  
& March 7*

## Three of My Favorite Coping Skills

Led by  
Sister Dorothy  
Eggering

*Thursdays  
on Zoom  
Noon CT  
1 PM ET*

*March 7, 14, & 21*

## Love Wins... & That's Good News

Led by  
Rev. Brian  
Hardesty-Crouch

*Tuesdays  
@ First UMC  
Allen, TX  
7 PM*

*April 9, 16, & 23*

TO REGISTER, CONTACT SHAWN ASHMORE AT  
HEARTPATHSTRAINING@GMAIL.COM OR  
@ PH: 214/505-7716

DONATIONS SUPPORT THE HEARTPATHS  
SCHOLARSHIP FUND FOR TRAINING  
SPIRITUAL LEADERS

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