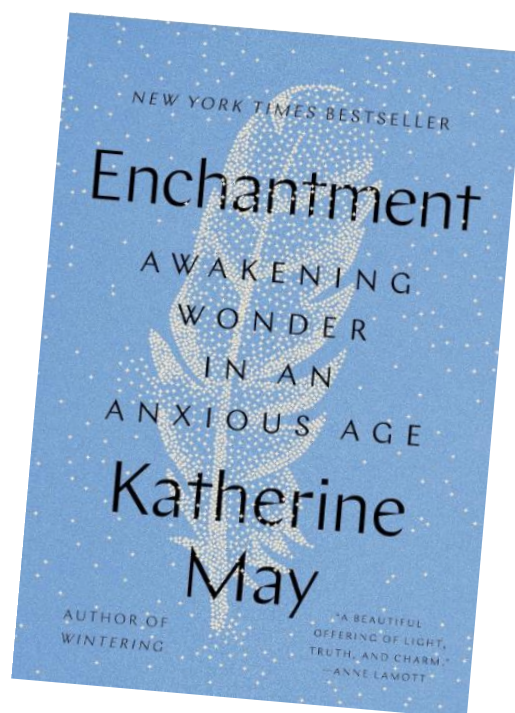


**Parkdale United
Zoom Book Club**

**Saturday, December 9th
at 10:00 am**

Enchantment

by Katherine May



From Amazon: “Many of us feel trapped in a grind of constant change: rolling news cycles, the chatter of social media, our families split along partisan lines. We feel fearful and tired, on edge in our bodies, not quite knowing what has us perpetually depleted. For Katherine May, this low hum of fatigue and anxiety made her wonder what she was missing. Could there be a different way to relate to the world, one that would allow her to feel more rested and at ease, even as seismic changes unfold on the planet? Might there be a way for all of us to move through life with curiosity and tenderness, sensitized to the subtle magic all around?”

In *Enchantment*, May invites the reader to come with her on a journey to reawaken our innate sense of wonder and awe. With humor, candor, and warmth, she shares stories of her own struggles with work, family, and the aftereffects of pandemic, particularly feelings of overwhelm as the world rushes to reopen. Craving a different way to live, May begins to explore the restorative properties of the natural world, moving through the elements of earth, water, fire, and air and identifying the quiet traces of magic that can be found only when we look for them. Through deliberate attention and ritual, she unearths the potency and nourishment that come from quiet reconnection with our immediate environment. Blending lyricism and storytelling, sensitivity and empathy, *Enchantment* invites each of us to open the door to human experience in all its sensual complexity, and to find the beauty waiting for us there.”

Join Zoom Meeting:

<https://us02web.zoom.us/j/82432011683?pwd=SEgwSFFIOTRZODVtSmVuYW1vOXNwdz09>

Meeting ID: 824 3201 1683

Passcode: 284356

If you're not able to join the meeting, you are welcome to send your comments about *Enchantment* to sloanelm@shaw.ca or bethbalshaw@shaw.ca before December 9th so they can be shared with the group and included in our next Book Club Newsletter.

If you think of themes from the book that you would like to discuss at our meeting, you're welcome to pass those on to Lynn or Beth or Lindsay ahead of time.