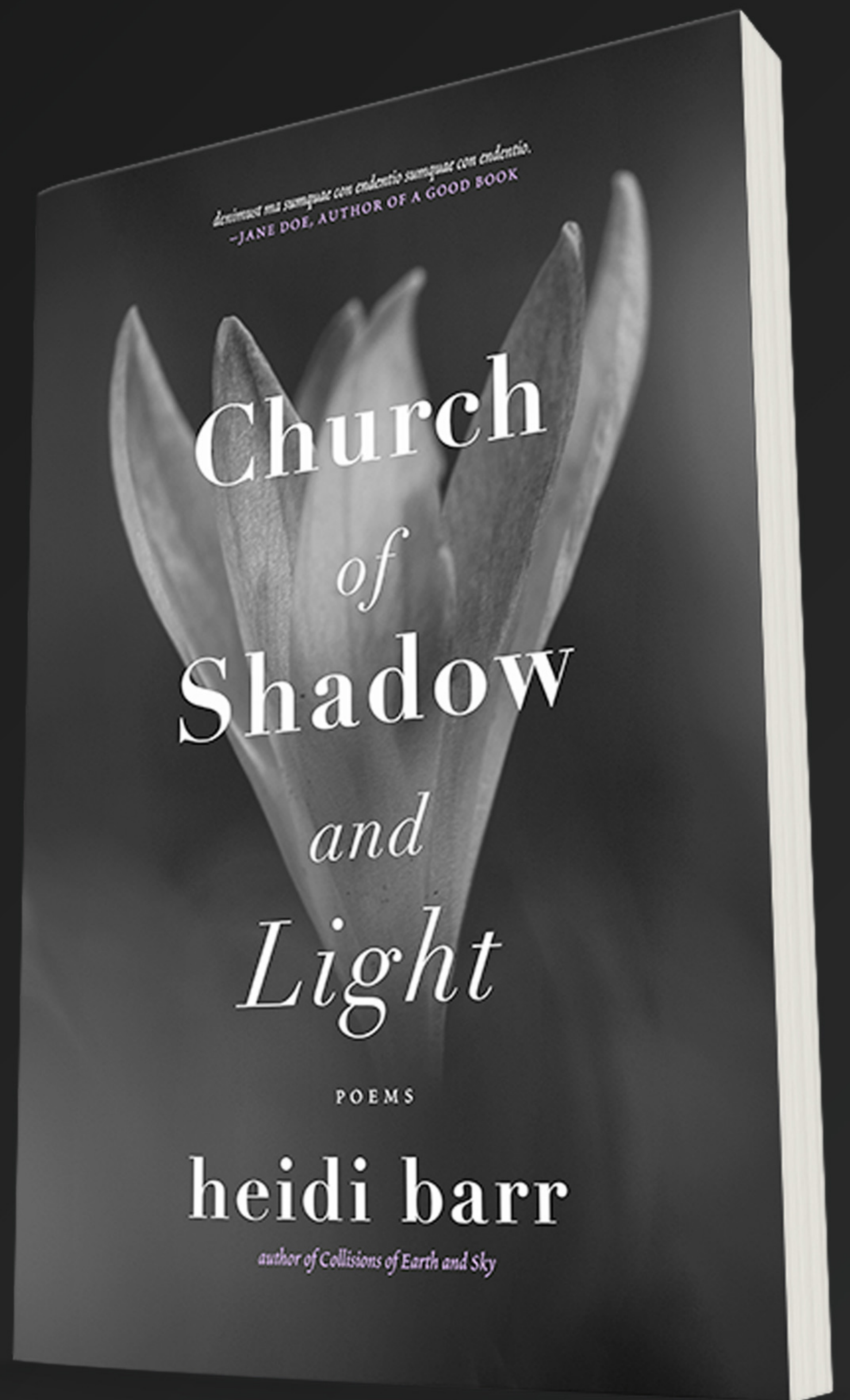


Forthcoming

Church of Shadow and Light

POEMS BY **Heidi Barr**

Church of Shadow and Light is a call to transform the inner and outer conflicts that shape our world. This powerful collection delves into the interplay between shadow and light, inviting readers to embark on a profound journey of self-exploration and spiritual awakening. Through a blend of introspective inquiry, heartfelt prayer, and a vision for a more harmonious existence, Heidi Barr invites us to confront and heal the violence within ourselves and our communities. At its heart, *Church of Shadow and Light* is an urgent plea for peace, encouraging us to relinquish the weapons—both tangible and intangible—that perpetuate conflict. “What’s worth going toward with your whole life?” Sit with the questions, and discover a path to personal and collective healing.



HEIDI BARR is a writer and wellness coach whose work is founded on a commitment to cultivating ways of being that are life-giving and sustainable for people, communities, and the planet. She lives with her family on Dakota land in rural Minnesota.



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