



Spiritual Spa:

Stilling and Stirring the BodyMindSpirit

Saturday, November 10, 2007

“Clothe yourselves with love, which binds everything together in perfect harmony.” Colossians 3:14

Spiritual Spa Schedule

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| 8:30 am – 9:45 am | Session 1 | All in Parish Hall |
| 10:00 am – 11:30 am | Session 2 | Workshop Options |
| 11:30 am – 12:00 pm | Open Time | |
| 12:00 pm – 12:45 pm | Lunch | Parish Hall |
| 1:00 pm - 2:30 pm | Session 3 | Workshop Options |
| 2:30 pm – 3:00 pm | Open Time | |
| 3:00 pm – 4:00 pm | Session 4 | All in Parish Hall |
| 4:00 pm - 5:00 pm | Healing Service | Sanctuary |

Morning Workshop Options

Harmony in the Environment: The interface of Spirituality and Ecology *with the Rev. Tom Harries*

Come explore several ways of interfacing spirituality and ecology through a walking meditation along White Bear Lake (weather permitting), sharing stories and readings of experiences of the Holy One in nature, and talking about the theological and biblical underpinnings of care for creation with a discussion of the challenges we must meet if we hope to preserve the natural world for future generations.

Biography

Tom grew up playing in the woods around Duluth and sailing occasionally on Lake Superior. He was still in diapers the first time he went to the BWCA. He attended St. Olaf College and Yale Divinity School, and has served in Minnesota as an Episcopal priest ever since. Tom and his wife Diannah have one daughter, Miriam, who also loves water and critters. He has been on the Episcopal Environmental Stewardship Commission for 11 years, and currently co-chair of the group. He also served 9 years on the Episcopal House of Prayer board, concluding his third term last spring. He received training as a spiritual director at the Cenacle in Wayzata, and is a candidate for Doctor of Ministry in ecology and spirituality at United Theological Seminary of the Twin Cities.

Careful Listening to God's Word *with Lee Wilson*

Come and explore ways to not only read but to pray God's Word in its many expressions. Careful listening requires us to be present, a challenge that faces us all in a world of much noise and millions of words. How do we learn to listen and to hear what God speaks to us?

Biography

Lee Wilson is finishing her Master's Degree in Women's Studies: Theology and Community at United Theological Seminary of the Twin Cities. Her special area of focus is in pastoral care. She is currently co-chair of the BeFriender

Ministry program at St. John in the Wilderness. Lee has led many retreat days and classes on prayer and spirituality and has served as a spiritual director at various points throughout the past thirty years.

Spiritual Direction as a Path to Harmony of Mind, Body, and Spirit *with Colleen Johnson*

Spiritual Direction invites us to hear and discern the still, small voice of God in our busy, and often hectic, lives. It offers us ways in which to explore how God invites us into greater harmony, integrating more fully our fragmented lives into harmonic unity with the Holy Spirit. Come and experience this practice that allows us to see more fully God's handprint on our hearts as we navigate along our life's journey.

Biography

Colleen is a trained spiritual director and facilitator at Christos Center for Spiritual Formation. She leads group spiritual direction at Luther Seminary along with individual spiritual direction. Colleen has lead several retreats, offering ways in which we can notice and experience God more fully along our journey.

Harmony as Birthright: Healing Self and Others with Your Own Voice *with Myo-O Habermas-Scher*

No special gifts are needed to use this oldest of instruments to offer care and love and reflection to one's self and others. We have been humming, thrumming, singing, sounding our deepest love and our phenomenal connection to all that is since the beginning of time. In our gathering together today we will recover our confidence in this beautiful and conveniently located vehicle of healing, our own voices.

Biography

Myo-O Habermas-Scher is an ordained priest and senior practitioner in the Soto Zen Buddhist tradition, teaching classes, lecturing and leading retreats. Her root teacher was Dainin Katagiri Roshi with whom she studied from 1975-1990. Now affiliated with Hokyoji Zen Practice Community under the

guidance of the Rev. Dokai Georgeson, she has been practicing in the Zen and Vipassana Buddhist traditions for more than thirty years. Myo-O has an extensive background in the performing arts and is also trained in a number of body-mind practices, including T'ai Chi, Qi Gong and Body Mind Centering*™. She has offered voice healings at Pathways for sixteen years and she has recently completed a year as a chaplain resident at University of Minnesota Hospitals Fairview in Minneapolis.

Afternoon Workshop Options

Qigong- Avenue to Harmony in Body, Mind, and Spirit *with Bonnie Blanchette*

Spring Forest Qigong (pronounced 'chee gung') can help you relax, balance your energy, and bring more harmony into your life. It involves gentle exercises and meditations designed to increase the flow of energy throughout the body. It has been used to treat headaches, arthritis, heart problems, anxiety, depression and a wide range of other health problems. Since it strengthens the immune system and help people maintain a more positive outlook, many people have used it in combination with conventional Western medicine. When the energy moves freely through our body, we simply feel better and heal more quickly. In Spring Forest Qigong we emphasize that love, kindness and forgiveness are important for developing your healing energy. Come learn a few simple exercises and find out how Qigong can improve your health and complement your spiritual practices.

Biography

Bonnie Blanchette is a Level IV Spring Forest Qigong practitioner. She has taught qigong at many locations in the Twin Cities including St. John's Hospital, Well Within, and Anoka Ramsey Community Center. Bonnie enjoys teaching qigong because it has brought much peace, joy, and healing to her own life.

Benedictine Wisdom for Harmony in Everyday Living *with the Rev. Dr. Barbara Anne Keely*

In the American culture, hospitality has come to mean entertainment in one's home or taking a cruise. But the ancient-and-modern spiritual practice of hospitality is to greet each person as though she or he is Christ. What might this radical approach to hospitality mean in our daily lives? How might it contribute to a life presence of harmony? This workshop will look at the hindrances and the blessings of living radical hospitality each day.

Biography

Barbara Anne Keely is associate professor of Christian education and congregational spirituality at United Theological Seminary of the Twin Cities. An ordained minister of the Presbyterian Church (USA), she is an Oblate of the Order of St. Benedict at St. John's Abbey, Collegeville, MN.

Music as a Vehicle for Harmony in Body, Mind and Spirit *with Paul and Betsy Hanson*

Come look at music and its relationship to life. Experience a variety of music and how it can be used in relaxation, meditation, and exhilaration. Explore the Scriptures and see how music has been a part of God's wonderful creation throughout time.

Biography

Paul and Betsy Hanson have been making music together for about 10 years. Betsy comes out of an Episcopalian background and has been active in leading music both in worship and Cursillo communities. When participating in a Lutheran service, she is decidedly an Episcopolute. She has also played in the Doo-Wop group called the Archives. Paul was raised in the Lutheran persuasion and has also been active in leading music in worship and Cursillo communities. While participating in the Episcopal service he is decidedly a Lutepisc. He has a degree as Director in Christian Education

and continues to use that background in a variety of situations.

Harmony in Your Living Space and in Your Life *with the Rev. Joanie Delamater*

Come explore ways to declutter your living space and make room for sacred space. Learn simple breathing techniques that can assist you in releasing stress and regaining clarity anytime, anywhere. Experience how meditation (for even as little as 10 minutes) can bring harmony and healing to your body, mind and spirit.

Biography

Joanie Delamater is an associate priest at St. John in the Wilderness Episcopal Church where she coordinates pastoral care and healing ministries. She is certified in Healing Touch Spiritual Ministry. Joanie practices meditation and yoga daily as ways to connect her body, mind and spirit.