



Spiritual Spa:

Stilling and Stirring the BodyMindSpirit

***Come unearth and celebrate
the joy
in everyday living.***

Date: Saturday, November 11, 2006

Time: 8:30 a.m. to 5:00 p.m.

Place: parish hall
St. John in the Wilderness
2175 First Street

White Bear Lake, MN 55110

Cost: none (although contributions to cover the cost of materials and food will be welcomed)

What to bring:

- an open heart and open mind
- a sweater or light jacket (for changeable temperatures)
- a pillow or cushion (for seating comfort)

St. John's Healing Team (Sherri Afryl, Cathryn Bashore, Dianne Del Giorno, Colleen Johnson, and Rev. Joanie) is preparing a unique program focusing on joy. We are working with **special guests, Dr. Mary Freitag**, whose psychological practice and research are based on mindfulness, and **musician Betsy Campbell**, whose guitar and voice are heard frequently in contemporary worship. With them, we will experience and connect laughter, storytelling, scripture, creativity, art, music, mindfulness, ritual, prayer, reflection, healing, and worship.

***Relax, unwind, laugh, and share
your way through a day that will
feed your body, mind, and soul.***

This all-day retreat is open to all teens and adults, parish members and non-members. We are planning lunch for 50-75 participants, so our chief soup maker, Stan Kegler, needs everyone to **register by November 1.**

There are two ways to register:

For email registration, send names, addresses, and phone numbers to:
ddelgiorno1@comcast.net

For mail registration, complete and send the form below to:

**Rev. Joanie, *Spiritual Spa*
The Episcopal Church of
St. John in the Wilderness
2175 First Street
White Bear Lake, MN 55110**

Name(s)

Address

Phone and/or email
