



Spiritual Spa:

Stilling and Stirring the BodyMindSpirit

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

Date: Saturday, November 10, 2007
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, food and presenters 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)

We are preparing a unique program focusing on harmony. **The Norwich Singers**, whose music is heard frequently in contemporary worship, will be back by popular demand. There will be opportunities for attending sessions of your choice as well as whole group activities. Please join us as we explore ways of creating harmony within ourselves and in our interactions in the world.

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 all participants, so we need everyone to **register by November 1.**

There are two ways to register:

For email registration, send names, addresses, and phone numbers to: **sherriha@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
