

SIMPLE GIFTS IN WINTER

Nurturing Seeds of Renewal

A RETREAT

Friday Evening February 20, 2015
Saturday, February 21, 2015

The Spiritual Center
At St. Thomas Episcopal Church
301 St. Thomas Rd. Lancaster, PA 17601

Facilitated by Judith Kennedy, Counselor
Samaritan Counseling Center

Come and learn about tending and nurturing winter stirrings and callings within each of us. What is arising as a calling, a creative effort, a movement forward?

The retreat will include: Responses to stories, verse and poetry of retreat and renewal.

We will share in song and movement, a brief walking meditation, and worship sharing. Some time for journaling and sharing in dyads and in the large sharing circle will continue on the theme of renewal and restoration.

Reservations Necessary
Call (717)-569-3241
Deadline February 16th
Limited to 20 Persons—Cost \$50

Retreat Schedule

Friday Feb. 20	Begin 7:00 p.m. Music & Sharing 9:00 p.m.
Sat. Feb. 21	Arrive 8:45 a.m. Sessions begin 9:00 a.m. Mid-morning snacks Coffee & Tea provided <u>LUNCH PROVIDED</u> Ending 3—3:30 p.m.