



“I am Fearfully and Wonderfully made!”

(Psalm 139)

Body and Spirituality Retreat January 20-21, 2012



St. Francis of Assisi and St. Hildegard von Bingen firmly believed that God created human beings in his image and likeness and that our humanness is much more than just intellect and soul. For them, being totally human meant using our emotions, all of our senses, our creativity and our physical bodies to praise and connect with God. In this retreat, St. Francis and St. Hildegard will lead us as we explore our human/spiritual selves using music, movement, and all of our God-given senses to find a deeper connection with the Divine.

Presented by Rita Simon who is a retired Family Practice physician, has been a church musician, and is on the extended preaching staff at St. Anthony's. Her current passion is helping women to experience their feminine spirituality through dance. She also plays Native American style flute and raises Peruvian Horses.

Begins with 7:00 supper on Friday and concludes on Saturday at 4:00 p.m.

Offering:

Reservations:

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