The Center to BE and
Pathways of Prayer
present

Restoring the Weary Soul:
A Morning of Wellness for People in Ministry

Wednesday, February 24, 2010
8:30 am to Noon
St. Joseph Center
1501 S. Layton Boulevard
Milwaukee
Fee: $35 Scholarships Available

People serving in church ministry know both the gifts and the challenges of this sacred work. In giving to others it is so easy to unknowingly surrender our own well-being—physically, emotionally, mentally and spiritually—leaving our souls weary. How can we restore vitality to our souls when we feel spent?

In this morning of wellness designed for people in ministry, we will explore together some of the stresses that come with this calling. We also will experience new responses to these stresses that can help us return to wholeness.

The program will include opportunities to try two of four breakout sessions featuring topics and presenters that bring fresh perspectives to the spiritual journey:

Soul Collage engages image, color and texture as mediums to connect and soothe our souls as we create card-size collages. Led by artist and stress management coach **Elizabeth Lewis**. www.elewishealingart.com

Feeding the Body, Nourishing the Soul explores delightful ways to nourish yourself through reverent and mindful eating. Philosophical and practical nutrition tips will help you feel energetic and more whole/holy. Led by nutritionist **Betty Holloway, MNS, RD** www.*nutriphoria.com*

Pathways of Prayer offers experiences of encountering the Sacred Word using a variety of prayer forms such as lectio divina, meditation and contemplation. Led by **Michael Heimbach**, MAPS, Director of Adult Formation, Gesu Parish, Milwaukee and founder of Pathways of Prayer Ministry.

Compassionate Self Care teaches ways to heal our bodies and spirits using gentle, sacred movement with music and imagery. Led by **Marjorie Wilbur**, Executive Director of The Center to BE and spiritual companion.

The Center to BE is an inclusive spirituality center in Milwaukee which invites all people to explore pathways to the Sacred at the Center of their BE-ings. For further information go to The Center to BE website at www.centertobe.org

Pathways of Prayer is the retreat and spiritual workshop ministry of Michael Heimbach featuring a variety of topics related to prayer and spirituality. Currently he serves as the Director of Adult Formation at Gesu Parish in Milwaukee. For further information contact him at mjheimbach@hotmail.com or 414-758-3060.

Questions? Contact Marjorie Wilbur at 414-672-5932 or mwilbur.centertobe@sbcglobal.net

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Please complete registration for the **Restoring the Weary Soul** and return by Friday, February 19 with your check for $35 payable to: The Center to BE, 1501 S. Layton Blvd. Milwaukee, WI 53215

Name:_____ Church_____

Address: _____

Day Phone:_____ E-Mail_____

Number these breakout sessions in order of your preference. Every effort will be made to honor your top two choices.

___ Soul Collage ___ Feeding the Body ___ Pathways of Prayer ___Compassionate Self Care