



**“Restoring Your Spirit”
Saturday - May 19, 2012**

at

**St. George Episcopal Church
1024 SE Cass Avenue
Roseburg OR 97470**

Spirituality Day Schedule

- 9:00 a.m. Registration
- 9:30 a.m. Opening Eucharist
- 10:45 a.m. Break (Be sure to visit our Market Place)
- 11:15 a.m. **Morning Workshops:**
Praying with Anglican Prayer Beads - Tina Shippey
Alternative Labyrinths Featuring the Treble Clef Labyrinth -
Be Herrera
Write to Explore Your Spiritual Journey (part 1) - Nan Phifer
Poetry for the Seasons of Life - The Rev. Susan Church
Striving for Spiritual Balance and Wholeness - The Rev.
JoAnne Bennett
- 12:30 p.m. Lunch
- 1:45 p.m. **Afternoon Workshops:**
Praying with Anglican Prayer Beads - Tina Shippey
Write to Explore Your Spiritual Journey (part 2) - Nan Phifer
Better Bones and Balance - Jody Helliwell
Personal Meditation Time
- 2:45 p.m. Break (Be sure to visit our Market Place)
- 3:00 p.m. Closing Ceremony

Lunch: Garden Salad topped with Chicken Tenders
Rolls
Dessert
Coffee, Tea or Lemonade

If you have special dietary needs, please feel free to bring your own lunch.
Bringing your own lunch does not change the registration fee - which is \$20.

(Registration - which includes lunch - needs to be prepaid so that we will know how many to set up for.)

Motels:

Best Western - Garden Valley Inn - 760 NW Garden Valley Blvd
(541-672-1601)

Motel 6 - 3100 NW Aviation Drive (541-464-8000)

Holiday Inn Express - 375 Harvard Avenue (541-673-7517)

Comfort Inn - 1539 NW Mulholland (541-957-1100)

Sleep Inn - 2855 NW Edenbower Blvd (541-464-8338)

Quality Inn - 2855 NW Garden Valley Blvd (541-673-5561)

Travel Lodge - 1627 SE Stephens Street (541-672-3354)

Super 8 - 3200 NW Aviation Drive (541-672-8880)

Directions to St. George Episcopal Church

(Take same Exit coming North or South)

From I-5 take the OR-138, Exit 124, toward City Center/Diamond Lake

Turn right onto Harvard Avenue

Continue to follow OR-138 (stay in the right hand lane)

Stay straight (Harvard Avenue turns into SE Oak Avenue and goes into downtown)

Take a right onto SE Jackson Street (get in the left hand lane - one way street)

Turn first left onto SE Cass Avenue (which is a two-way street)

St. George's is on the left hand side of Cass Avenue (Corner of Cass and Main Street)

Parking Meters by the church need to be fed on Saturdays. There is free parking available around the church and you can use the parking lot across the street from the front doors of the church on Cass Avenue.

The Workshops

Prayer Bead Workshop - Tina Shippey

Tina was raised in the Lutheran Church and began attending the Episcopal Church in the 1970's while participating in the youth group program, the California Wind Children. She now works for Coos County Community Corrections, the parole and probation department. She is married to Ed Shippey, a retired Episcopal Priest. In the 1980's she developed an interest in Prayer Beads and their use by all the different religions. She has incorporated the use of prayer beads into her daily life, in addition to their use in worship. In this workshop she will share the history of prayer beads. We will learn how to use the beads in a formal manner and informally. The workshop will conclude with a service where we will use our beads. **If you have prayer beads, of any kind, please bring them.**

Alternative Labyrinths Featuring the Treble Clef Labyrinth - Be Davison Herrera

Be Davison Herrera has participated with and researched labyrinths in North America, Europe and Asia. Favorites include Ely, Great Britain; Borobudur, Indonesia; Chartres, France and Knossos, Crete. She has designed and installed four of her original labyrinths in twenty-five locations so far and conducts workshops with emphasis on balance, access, personal and community application of this sacred tool. You will be invited to walk the Treble Clef Labyrinth which was commissioned for a Women's Spirituality Day in 2010. It honors Be's grandmother, an Episcopalian musician.

Write to Explore Your Spiritual Journey - Nan Phifer

Nan Phifer, author of *Memories of the Soul: A Writing Guide*, travels nationally to lead workshops in writing spiritual memoirs. She was a co-director of the Oregon Writing Project at the University of Oregon and now serves on the OWP Board. You can connect with Nan's website at <http://www.memoirworkshops.com>. With Nan as your guide, you'll first identify the spiritual landmarks in your life. You'll choose a subject you feel inclined to remember and Nan will demonstrate how to spontaneously, easily put it in writing. From this workshop you'll take away the first pages of a chapter, an understanding of a productive writing process, and ideas for further chapters.

Poetry For The Seasons of Life - The Rev. Susan Church

The Rev. Susan Church is a native Oregonian and a cradle Episcopalian. She

was ordained in 1985 and began her ordained ministry at Good Samaritan, Corvallis and has continued at St. Stephen/San Esteban, Newport and St. Luke by the Sea in Waldport. Her great love of poetry was sparked by a confirmation gift of Louis Untermeyer's, *Golden Treasury of Poetry*, when she was eleven. Now she regularly uses poetry in the liturgy and in other aspects of her ministry.

Robert McAfee Brown once said: "puzzles are to be solved, but mysteries are to be experienced." We have lived in a world that thirsts for solutions, facts and certainty. This has stunted the fullness of our experience of faith. Poetry can be a means for us to move more deeply into the mystery of faith by soaking the dry soil of our beings and allowing the roots of our faith to be nourished...even in dry seasons. Today we will be exploring the mystery of our faith by looking at poetry for the seasons of the Church year and the seasons of our lives.

Striving for Balance and Wholeness - The Rev. JoAnne Bennett

The Rev. JoAnne Bennet was ordained in the Diocese of California in 2001 after attending seminary at the Church Divinity School of the Pacific in Berkeley, California. Her spiritual journey has been nourished for sixteen years by taking a time set apart for an annual five day silent retreat led by Christian and Buddhist teachers. Experiencing silence in community, going deeper into the mystical side of our Christian tradition and learning the Buddhist practices of mindfulness, compassion, and meditation have helped her to recognize the goodness and beauty of living in balance and wholeness.

The demands of daily life and the choices we make about those demands will determine the extent to which we are able to live lives of balance and wholeness. God calls us to live lives wherein activity is balanced by rest, loudness by quiet, decision making by moments for reflection. We are called to find time and space for Sabbath taking, for spiritual renewal, and for dwelling in places of sanctuary. During this time together we can learn from each other about the things that hold us back from wholeness and the things that move us closer to living in balance.

Better Bones and Balance - Jody Helliwell

(This class is being held upstairs in the church and is limited to 15 participants)

Jody Helliwell has been a fitness instructor through Umpqua Community College's Community Education for over seventeen years and a certified Better Bones and Balance instructor for about a year.

The Better Bones and Balance program is the result of research carried out in the Bone Lab at Oregon State University that focused on the impact of exercise on osteoporosis. Its five key component exercises will slow bone loss and they have the added benefit of improving strength and balance. These are all important factors in decreasing our risk of fracture. Improved strength and balance decrease the risk of falling and improved bone health lowers the risk of

fracture from a fall. Her class combines Better Bones and Balance's five key exercises - squats, side and forward lunges, stepping, toe raises and heel drops, and stomps and jumps - with sessions of hand held weights, stretching and balance moves. Come discover the benefits of the Better Bones and Balance program in an upbeat class that encourages you to work at your own pace towards building strong bones, strong muscles and balance for life.

Personal Meditation Time

This is a time for mediation with the Treble Clef Labyrinth or your Anglican Prayer Beads or just for silent meditation in the church.

St. George Episcopal Church

1024 SE Cass Avenue
Roseburg OR 97471

541-673-4048

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www.saintgeorgesepiscopal.com

Roseburg,
Oregon
PERMIT #92

*The Episcopal Church Women of
the Diocese of Oregon
Presents the 21st Annual Women's Spirituality Day*



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Saturday - May 19, 2012
at

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SPACE IS LIMITED, SO REGISTER EARLY
(See inside for details)

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Co-Presenters

are

**The Women of St. George and Holy Spirit Episcopal
Churches**

**Contact Information: Betty Jo Hoffman, 541-679-7883 or
E-mail: zhoffman3478@msn.com**

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Registration Forms are available from the Church Office,
ECW President or the Diocesan ECW Board

