

Spiritual Retreat



*Peace to my thoughts,
Peace to my body,
Peace to my feelings
- an Essene Prayer*

Saturday & Sunday November 22nd & 23rd 2003



In the circle of our friendship we each fill and benefit from a well of kindness. We are giving you this gift in the hopes that you will take this time to renew and replenish your spirit. We recognize in you the need we all have to shut out the world and turn inward, to let go of the burdens we carry, lay down our bodies in rest and lift up our thoughts to our highest inspirations.

"Solitude is as needful to the imagination as society is wholesome for the character." James Russell Lowell, Among My Books, 1870

*But those who wait on the Lord Shall renew their strength;
They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.
Isaiah 40:31*

*"For thou didst form my inward parts;
Thou didst weave me in my mother's womb.
I will give thanks to Thee, for am I am fearfully and wonderfully made." - Psalm 139*



☞ We have provided:

✿ For the Mind ✿

Contemplative Journal, Relaxing Reading, Uplifting Music & Video

✿ For the Body ✿

Fruit Smoothies, Fresh Fruit, Chinese Food, Lentil Soup & Kale Salad, Fettuccini Alfredo, Oatmeal Raisin & Chocolate Chip Cookie

Manicure, Massage, Bath Enhancers

✿ For the Spirit ✿

Solitude, Wine, Heavenly Herbs, Soothing Scents, Flowers and all of our fondest hopes and prayers for your happiness

☞ We recommend that you care for yourself with:

Prayer, Dry Brush Massage, Water, Fresh Air, Exercise, A Warm Bath, Rest

☞ We trust you will avoid: dishes, housework, and anything that doesn't bring you joy.

♥ ♥ ♥ Your Sisters in Spirit ♥ ♥ ♥

