

Spring Day Away

April 24, 2010

St. Andrew's Episcopal Church

1608 Baker Court

Panama City, Florida

Theme: Through the Looking Glass

- ✠ *What image do our lives reflect in the world?*
- ✠ *Do we prepare ourselves spiritually, mentally and physically to mirror God's message of love and grace?*



Program:

9:00 - 9:30 Registration

9:30 - 10:00 Welcoming Brunch

10:00 - 10:30 Storytelling - Judy N. Cooley, Storyteller

10:30 - 10:45 Break

10:45 - 12:45 Spiritual Speaker - Judith H. Baum

12:45 - 1:15 Yoga Stretches - Cherie Meyerhoff, "Forever Yoga" Instructor

1:15 Holy Eucharist and Intercessory Prayer - The Rev. Julia C. Phillips

2:00 Farewell Tea

Detach this registration form and return it along with a check for the \$15 registration fee.
Please mail your check and registration form by **April 10, 2010**.

Registration Fee - \$15.00. Make checks payable to Marilyn Hermansen.

Mail by April 10 to: Marilyn Hermansen
2412 St. Andrews Blvd., #23
Panama City, FL 32405

Name _____ Phone _____

Address _____ Church _____

Email _____

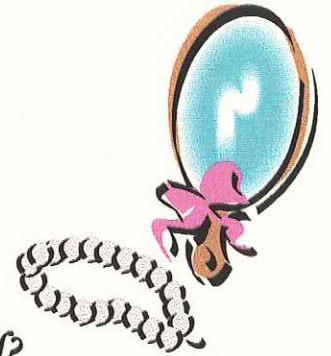


Diocese of the Central Gulf Coast Spring Day Away 2010

When: April 24, 9:00-3:00

*Where: St. Andrew's Episcopal Church,
1608 Baker Court, Panama City, FL 32401*

Theme: Through the Looking Glass



✝ *What image do our lives reflect in the world?*

✝ *Do we prepare ourselves spiritually, mentally and physically to mirror God's message of love and grace?*

Scripture:

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in the mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget, but doers who act - they will be blessed in their doing. James 1:22-25

Meditation:

Teach me, O God, not to torture myself, not to make a martyr of myself through stifling reflection, but rather teach me to breathe deeply in faith. (Soren Kierkegaard)