

First Session: 11:00 - 12:00

“What’s for Dinner?”

This is the question that workshop leader Dr. Jackie Flowers has dreaded to hear, but has been unable to avoid, nearly every day as a working mom. Jackie will address ways in which she tries to overcome her nightly anxiety over preparing dinner by adapting menu planning and batch cooking into a spiritual practice that offers rewards and nourishment throughout the week. Includes discussion and handouts.

Nourishment in the Church Garden

Gardeners Jackie Fishback and Barbara Bronson will lead a tour of St. Paul’s garden (weather permitting) while they explain the process through which they were able to transform our lackluster lawn into a flowering garden that nourishes the souls of parishioners and passers by, and serves as a spiritual activity and mission for them. Be inspired by our Master Gardeners, and be sure to bring your gardening questions for Barbara and Jackie to answer.

Yoga for the Soul

Join Emily Wright for an hour of gentle, meditative yoga—movement that nourishes both body and soul. Perfect for beginners, and wonderful for those of us who are feeling stressed. Wear comfortable clothing so you can bend and stretch! Note: this workshop requires climbing stairs to the second floor (calisthenics, anyone?)

Second Session: 1:15 - 2:15

Bread of Life, part 1 of 2

Join our favorite American Catholic priest, Kevin Yell, in his two-part workshop on the spiritual practice of making and baking communal bread. Kevin will delight you with his wise and witty commentary while nourishing your senses with the process and aroma of baking and sharing bread.

Memories: Crafting an Exploding Box, part 1 of 2

Artist and Craftswoman Terry Tomaszewski will lead you in this extraordinary workshop in which you will make your own exploding box—an intricate fold-out paper box filled with pictures, phrases, and decorative pieces—to store and display your precious memories, or to reflect on a theme important to you. All materials and tools are provided for you to complete a box, except, of course, the pictures! Please bring small photos or pictures that you can crop to a size under 2 square inches, as many as you like (bring a selection, maybe 30 or so). Additional fee of \$10 required at the workshop.

We Can Eat Anything; What Shall We Eat?

Dr. Jackie Flowers leads a discussion on the dilemma of food abundance and the omnivorous options we face when we think about food to nourish our bodies and spirits. Experts disagree, and best-selling books offer contradictory advice on our dietary decisions. Explore the health

benefits, ethics, environmental concerns, and financial factors involved in our choice of food. Includes discussion and handouts.

Nurturing Your Soul

Sister Jenny Adaryn will lead a discussion on the importance of engaging in activities designed provide spiritual support throughout the day. Jenny will share her story with you, and offer suggestions to help you nurture your soul.

Third Session: 2:30-3:30

Bread of Life, part 2 of 2.

Memories: Crafting an Exploding Box, part 2 of 2.

Centering Prayer

Join Sister Jenny Adaryn and Doris Swanson in a period of Centering Prayer. Jenny and Doris regularly lead a Centering Prayer session after the Wednesday morning services at St. Paul's, which they will offer to you, along with discussion.

Stress Relief Through Colors

Photographer and artist Kerry McQuaid will help you explore the soul-nourishing benefits of applying colors to paper. Kerry is well-known for her adult coloring books, and you will enjoy this hands-on experience. Relax with colors while Kerry shares her very best coloring tricks with you!