

Wisdom of the Seasons Series 2011-12  
Schedule of Saturday Morning Retreats for Women

Attend these gatherings to help develop your listening heart by deepening your relationship to our seasons. Come and replenish yourself in a comfortable and peaceful environment.

We will do simple meditative dances, walk a painted canvas labyrinth and rest, reflect and journal. We will drink some very special tea and have some time for sharing. If you wish attune yourself to the time of year by dressing in suggested seasonal colours. Bring along socks or slippers (for walking the labyrinth), your journal and a pen.

We will draw from holy writings and inspirational readings. A piece of creation and questions for reflection will be provided for you. Or, bring your own memento if you wish.

<b>Dates 2011-2012</b>	<b>Theme / Colours</b>
September 24	<b>Harvesting the Bounty</b> Autumn – bright fall palette, brass
October 29	<b>Releasing</b> Autumn – deep fall palette, copper
November 26	<b>Pared Away</b> Autumn – muted fall palette, bronze
January 7	<b>Fresh Snow</b> Winter – white, glass
January 28	<b>Crisp, Clear Air</b> Winter – look sharp with an accent colour
February 25	<b>Heart-warming Fire</b> Winter – red, gems
March 31	<b>Earth &amp; Water</b> Spring –earth tones & blue, crystals
April 28	<b>Fullness of Possibility</b> Spring – pastels, silver
May 26	<b>Greening Power</b> Spring – green, gold

**Location:** Church of the Good Shepherd  
 116 Queen St. N. (at Queen and Margaret St) in Kitchener  
 Park in the church lot & enter at the side door.

**Time:** Saturday mornings from 9:30 – 12:00 (arrive at 9:15)

**Cost:** \$10. Please register with Catherine as attendance is limited. Contact her at (519) 742-2478 or at [fillyourcup@rogers.com](mailto:fillyourcup@rogers.com)

**Catherine Maine** is a spiritual director, a Veriditas-trained labyrinth facilitator and has been a sacred circle dance teacher since 1998. She is a staff member of the *Ontario Jubilee Program in Spiritual Formation and Spiritual Direction*. She desires to strengthen our connection between our spirit and the Spirit using embodied spiritual practices coupled with contemplative exercises.