

Kettlewood Retreats Rev. Holly W. Whitcomb, Director

<http://www.kettlewoodretreats.com>



Friday, October 6, 2017

9:30 A.M. – 3:00 P.M.

Healing Ourselves:
Pathways to Emotional Well-Being and Spiritual Renewal

We are all wounded in this life, whether by loss, betrayal, trauma, tragedy, poor choices, or other misfortunes. Just as the body strives to heal our physical injuries, so do psyche and soul seek to heal emotional and existential wounds and to restore well-being. Drawing from practices, both ancient and modern, this interactive retreat will focus on identifying healing pathways that nurture our renewal.

Our retreat leader: Philip Chard is a widely traveled speaker, a practicing psychotherapist, and the author of the popular and award-winning weekly column “Out of My Mind” featured in the *Milwaukee Journal Sentinel*. He is also author of the books *The Healing Earth* and *Nature’s Ways*.

Kettlewood Retreats invites you to this fall retreat at Cedar Valley. Come join us in the countryside of the Kettle Moraine on 100 spectacular acres (an outdoor labyrinth too!) near West Bend. The noon meal is included.

To register for this retreat, please write a check for \$50.00 to Rev. Holly Whitcomb and send it to: 2095 Elm Tree Ct., Elm Grove, WI 53122. This retreat will fill quickly. Please register as soon as you can. Include your name, address, e-mail, and phone number(s). Upon receipt of your registration, you will receive a map. For more information, call (262) 784-5593.