

# MOVING YOUR LENTEN PRAYERS



Participate in movement meditations of scripture, song, and prayer which offer openings for spiritual growth. Experience stillness and peace in the busyness of life. Allow your mind, body, and spirit to express relationship with the Divine. No experience needed. All mobility levels, seated or standing, are welcome.

PRESENTERS: Vickie Polchow and Betty Wooddy

Vickie and Betty have led sacred movement workshops at the Women's Creative Process Retreat for 24 years and the Joy Retreat for 10 years at the Solomon Center. Recently they offered workshops at Kanuga Episcopal Conferences in North Carolina.

LOCATION: Solomon Episcopal Conference Center, Loranger, LA 70446

DATE: SATURDAY, MARCH 14, 2020 10 AM – 3 PM

FEE: \$25 per person (INCLUDES LUNCH\*) Cancellations after February 29, 2020 receive 50% refund.

REGISTER: Please make checks payable to **St. Paul's Holy Trinity Church** with **Moving Prayers** on memo line. Mail to Betty Wooddy, 14199 Chenal Road, Jarreau, LA. 70749. Please include your address or email for up-dates.

ATTIRE: Comfortable clothing and footwear. Think layers.

INFO: Vickie Polchow [magnolia53@bellsouth.net](mailto:magnolia53@bellsouth.net) or (985) 789-4915

(\*Regret we are unable to accommodate special dietary needs.)