

SUMMER AT THE SPIRITUAL CENTER!

So many wonderful opportunities await you this summer at our Retreat House Spiritual Center. Check them out and join in!

Feast for the Soul Soup Dinners

Retreat House Spiritual Center and Pastoral Relations Committee join together to invite you to soup suppers in the Friendship Hall the first Wednesday of each month! Each dinner will include a topic relating to our communal journey through a time of transition in our church.

- June 5
- July 3
- August 7

Seating is limited to 25 guests, so sign up early in the Friendship Hall!

Caregivers Group

If you are currently handling the care of another, join us for some caring compassion for yourself from **11:00 to 12:00**. We have so much of great value we can share with each other about this difficult and challenging life journey! Facilitated by Marchiene (aka Marty) Rienstra

Locations will vary through the summer. Some meetings will take place on the beautiful deck at Rev. Marty's house at **66 Lakeshore Drive in Douglas**. Please check the schedule below:

- May
 - 21 - Retreat House
 - 27 - Retreat House
- June
 - 11 - Retreat House
 - 25 - Rev. Marty's
- July
 - 2 – Retreat House
 - 16 - Rev. Marty's
- August
 - 6 – Retreat House
 - 20 - Rev. Marty's
- September
 - 3 – Retreat House
 - 17 – Rev. Marty's

Spiritual Lending Library

Coming up! In the next few weeks, we will have an Open House for our newly-organized Retreat House Spiritual Lending Library! Stay tuned for a June date!

Small Group Offerings at Retreat House:

Look for signup sheets in the Friendship Hall two weeks before each session.

JUNE

Poetry as Prayer

Monday, June 10 from 7:00 to 8:30

Facilitated by Colette Volkema-DeNooyer

A poem gives expression to awe and wonder. Isn't that also the definition of a prayer? Both open us, invite us to 'be' here, now at one with the Spirit of God.

Join us for an evening of poetry reading where we will reflect on poems as prayer.

I will be bringing several of my favorite prayer-full poems to share. And encourage those who attend to bring a poem that beckons them in a prayer-full way. We will close our time together by taking up pen and paper and writing, allowing the words of a poem to arise in us - in a prayerful way.

Not required that you bring a poem. But do bring pen and notebook!

JULY

Iconography, the Gospel in Light and Color:

Exploring the Orthodox Use of Icons in Worship and Meditation

Sunday, July 7 at 11:30-1:00

Monday July 8 from 6:30 to 8:00

Facilitated by Rev. Linda Knieriemen

An introduction to an ancient sacred art form, sometimes experienced as a "window into heaven" which can inspire and enrich our connection with the Divine.

AUGUST

Good Grief

Tuesday, August 6 from 7:00 to 8:30

Facilitated by Rev. Marchiene Rienstra

Who of us has not grieved often - in many ways for many reasons - through many times in our lives? Often grief gets ignored, stuffed, avoided, because it is painful, and who likes pain? But grief not acknowledged and processed can cause significant injury in our lives.

In this session on grief, we will explore our experiences of grief and how grief can become a source of good. The little classic book by Granger Westberg titled "Good Grief" will be a resource for our consideration. You are invited to read the book, but come to our session whether or not you have read it. We have much to learn from each other about grieving, and we are all experts on the subject in some way!