

Registration

Register by phone through our main office 905-277-4162 or by email to

minister@applewoodunited.ca

Some sessions may have limited spaces - please register early!

\$10.00 per session or \$50.00 for all eight:

- Spirit Types
- Labyrinth Walk
- Moving Meditation
- Indigenous Spirituality
- Spirituality and Jazz
- Praying in Colour
- Gardening
- Labyrinth Walk II

Please send us your name, phone number and/or email, and the sessions you will be attending.

We value the participation of all, and believe that money should never be a barrier to full involvement. Please contact Rev Joanne confidentially if cost would prevent your attendance at any session. 416-951-7911

Presenters

We are grateful for the leadership and skills shared by our presenters:

Barb Finlay

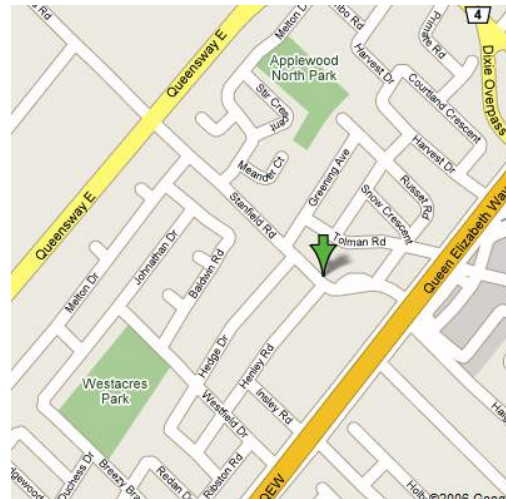
Anne Moore

Rev Joanne Hedge

Kim Wheatley

Professor Tom Reynolds

Marguerite Porter



For further information about worship or activities at Applewood, please contact the office at 905-277-4162 or office@applewoodunited.ca.



Exploring Spirit Practices for the Journey



Opportunities to learn,
grow and experience

A program of Applewood
United Church
2067 Stanfield Road
Mississauga, Ontario L4Y 1R4
905-277-4162
www.applewoodunited.ca

*“Spirituality does not
come from religion. It
comes from our soul”*

Anthony Williams

*Exploring Spirit - Practices for
the Journey* is a series of
experience-based explorations of
spirituality. It is not based on
one religion, one set of beliefs or
one way of thinking about
ourselves as spiritual creatures.

*If you have an open mind or a
curious one, an adventurous
spirit or a questioning one, we
invite you to attend any or all of
the Exploring Spirit evenings.*

Sessions

*All sessions begin at 7:00 pm and
run for approximately 1 - 2 hours
on the first Tuesday of the month*

*Spirit Types - Tuesday, October 3
at Applewood UC with Barb
Finlay, Adult Educator*

*Come and gain some insight
about how you like to experience
and express your spirituality.*

*Labyrinth Walk - Tuesday,
November 7 at St Stephen's on
the Hill UC Meditation
Labyrinth with Anne Moore*

*With candlelight and guided
contemplation - and perhaps a
warm jacket! - we will experience
this outdoor labyrinth together.*

*Moving Meditation - Tuesday,
January 2 at Applewood UC with
Rev Joanne Hedge*

*Based on simple movements from
Tai Chi and other internal
martial arts, the session will be
suitable for all ages and abilities.*

*Indigenous Spirituality -
Tuesday, February 6 at
Applewood UC with Kim
Wheatley*

*Expanding our understanding
and experience with Anishinaabe
knowledge-keeper and Indigenous
Cultural Consultant Kim
Wheatley*

*Spirituality and Jazz - Tuesday
March 6 at Applewood UC with
Tom Reynolds and friends*

*Live jazz music through which
we can explore and experience
the spiritual, enhanced by the*

*shared thoughts of Emmanuel
College Associate Professor of
Theology (and Jazz Musician)
Tom Reynolds.*

*Praying in Colour - Tuesday,
April 3 at Applewood United
Church with Anne Moore and
Rev Joanne Hedge*

*We will explore a playful yet
meditative practice which uses
simple drawing and colouring for
prayer and/or contemplation,
based on the work of Sybil
MacBeth.*

*Gardening and the spirit -
Tuesday, May 1 at Applewood
UC with Marguerite Porter*

*Working with growing things
can be spirit-work, too!
Gardeners and non-gardeners
most welcome!*

*Labyrinth Walk II - Tuesday,
June 5 at St Stephen's on the
Hill UC Meditation Labyrinth
with Anne Moore*

*We return to the outdoor
Labyrinth with the option of a
shared meal before we begin.*

