



**Mind, Body and Spirit**  
**Evangelical UCC Women's Retreat**  
**Friday March 12<sup>th</sup>, 6pm – 9pm**  
**Saturday March 13<sup>th</sup>, 2010 8:30am – 4pm**

Begin a journey with us as we explore our spirituality through prayer, worship, learning and fun. Discover how our minds control our bodies and where our memories are stored. Learn massage techniques. We will discuss how the mind, body, and spirit are all interconnected and the importance of balance through nurturing the whole person. This is a wonderful way to get to know other women in our congregation.

Cost:

\$35.00 Friday evening includes Soup Supper & Saturday (includes Luncheon)  
\$30.00 Saturday only (lunch included)

Registration Deadline: 2/28/2010

Please complete the form below and return to the church office (EUCC 204 E Lockwood, Webster Groves, 63119). If you have any questions, please contact Lil Lau 314 481-2600  
[l.lau@sbcglobal.net](mailto:l.lau@sbcglobal.net)

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**Evangelical UCC Women's Retreat Registration Form March 12 and 13, 2010**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State: \_\_\_\_\_  
Email: \_\_\_\_\_

Please check one of the following:

- \$35.00 Friday evening and Saturday Includes Soup Supper and Luncheon  
 \$30.00 Saturday only Includes Luncheon

**(Scholarships are available. Please contact Lil Lau 314 481-2600)**

**Checks should be made payable to EUCC noting "Women's Retreat" in the memo section.**

May we ask each of you to bring one of the following:

- a crock of \_\_\_\_\_ soup for Friday's night's supper  
 a dozen of bagels and cream cheese for Saturday's breakfast and/or  
 a snack to share  
 Volunteer for pre-retreat tasks or errands