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| saturday,10 Nov 2018  **Guide My Feet** One Day Retreat Sometimes it feels like we are simply walking through the routine of our days just to fall into bed and wake up to do it all again. This daily path can become a rut that might seem off-track from long ago dreams and our heart’s current longing. During this one-day retreat, we’ll step out of our ordinary life to slow down, tend to our soul (and soles!), and find ways to orient ourselves in the direction of our callings. We’ll do this through exploring several readings on “callings” in life; guidance for a silent walking meditation; listening to and caring for our feet; quiet time for personal journaling or rest; and facilitated sharing. At the end of the day, when we step back into our daily routines, we’ll be more aware of our soul’s yearnings that guide our feet in the direction of our callings.  **Saturday, Nov 10th** *from* **9:30 to 3:30**  **Stone House, New Hamburg**  **$75\*** *(includes lunch and materials)*  *\*for early bird discounts, more info and to register please contact:*[**jenhelmuth@gmail.com**](mailto:jenhelmuth@gmail.com) | explore your soul’s “callings”────engage in a walking meditation────papmer your feet────share reflections with others────rest, reflect, restoreJen Helmuth [jenhelmuth@gmail.com](mailto:jenhelmuth@gmail.com)  A person wearing glasses and smiling at the camera  Description generated with very high confidence *psychotherapist (RP-Q)*  *retreat leader*  *spiritual practices guide* |