

# *Looking for a healthy New Year's resolution?*

## *Why not strengthen your spiritual-physical well-being?*

Here is a four-part series of workshops on Saturday mornings from **9:30 to 11:30 am**.

- **Jan 24:** *Trace your spiritual Journey—where you've been and where you want to go*
- **Feb 7:** *How does your image of God affect your spirituality?*
- **Feb 21:** *Explore the connections among physical, mental, & spiritual health*
- **Mar 7:** *Discover the benefits of having spiritual companions (group spiritual direction)*

No prior experience or knowledge is necessary, and persons from all spiritual traditions (or no tradition) are welcome. This is not about converting you to any particular church or spiritual approach. Rather, we will help you to better appreciate your unique relationship with the Sacred, and where you and the Spirit want that relationship to go. As a part of this series each week we will investigate a different way of praying— see if one is helpful!

### *Hosting Location and Registration:*

Christ Church, 527 Pomfret Street, Pomfret CT (on Rte. 169/44, about a ¼ mile south of the Vanilla Bean Restaurant, rubble stone, red trim, parish hall is next door). More information and a map available at: [www.christchurchpomfret.org](http://www.christchurchpomfret.org)

Attend any or all sessions—there is no charge, but a free-will offering will be gratefully accepted. For more information or to register, contact Oscar Brockmeyer at 860-942-2934 or [obbrockmeyer@snet.net](mailto:obbrockmeyer@snet.net). Registration is preferred but not required.

### *Workshop Leaders:*

The Rev Oscar Brockmeyer is a spiritual director, mentor, trainer, and ordained pastor (UCC). He has over twenty years of experience in this field.

He will be joined by the staff of Quiet Corner Family Practice of Pomfret: Dr. Murray Buttner, Dr. Heather Sullivan & Dr. Doe West (PhD) who will lead the third session of the series.