



I need to go to a restful invigorating spa right now, how about you? Did you know your treatment has already been paid for and you can go as often as you want! *Soul Spa* is a "place" where tired spirits can find renewal through tools and practices known as spiritual disciplines. Using the readings and home Bible study, you will discover meaningful ways to connect with God, allowing Him to restore your soul. *Soul Spa* provides for our spirits what a spa can offer our bodies: activities and nourishment for a healthy spirit. *During* these 15 weeks of study we will:

- explore spiritual disciplines that have been used for centuries as a means of nurturing our relationship to God
- examine how Jesus modeled these practices
- provide reflection questions and Bible study exercises
- respectfully and reverently connect spiritual disciplines with words that start with the letters of Soul Spa.

Date: Tuesday nights from September 8- December 15, 2020.

Time: 6:30-7:30

Materials:

Soul Spa book by Sharla Fritz, Bible, Available through:

- https://www.amazon.com/Soul-Spa-Sharla-Fritz/dp/075864907X/ref=sr_1_1?dchild=1&keywords=soul+spa+by+Sharla+Fritz&qid=1598030843&sr=8-1 \$14.99
- <https://online.nph.net/soul-spa.html> \$14.99
- <https://www.christianbook.com/soul-spa-days-of-spiritual-renewal/sharla-fritz/9780758649072/pd/649071#CBD-PD-Description> \$11.49
- Jill Gierach has 2 extra books available \$11.49 jgtechloft@gmail.com

fuzzy robe and slippers (optional)

Facilitator: Jill Gierach

Location: Comfort of your home – easy phone conference call or Zoom until a time when we can meet together again at the church Fellowship hall.

Please let Jill know if you wish to join in our spa group. She will send you a schedule and directions .
jgtechloft@gmail.com