



Schedule for Soul Spa by Sharla Fritz

We will spend two weeks reading and studying each of the book's eight chapters. Within each of the eight chapters, there is a page entitled 'Spa Session'. These are suggestions of activities that may be a novel way to draw us closer to God. I placed these pages at the beginning of our week so we can make certain we consider using one as we study that week and then reflect how that changed our study experience. You will notice I skipped the group activities. If/When we can meet together face to face, I will add them into our study. Feel free to use them until then with a family member.

Date	Spa Session Activity	Read/Soul Study Pages
1. September 8, 2020	Page 15	Intro pages 5-7, 9-20
2. September 15	Page 15	Pages 21-34
3. September 22	Page 41	Pages 35-46
4. September 29	Page 41	Pages 47-60
5. October 6	Page 69	Pages 63-74
6. October 13	Page 69	Pages 75-91
7. October 20	Pages 97-98	Pages 93-103
8. October 27	Pages 97-98	Pages 104-121
9. November 3	Pages 127	Pages 122-132
10. November 10	Page 127	Pages 133-149
11. November 17	Page 155	Pages 150-159
12. November 24	Page 155	Pages 160-174
13. December 1	Page 181	Pages 175-186
14. December 8	Page 181	Pages 187-199
15. December 15	Page 207	Pages 201-213
16. December 22	Page 207	Pages 214-229

Ladies as we finished our study on Waiting, God revealed new ways of looking at waiting through the examples of our Biblical sisters . We ended with the Ten Virgins' instruction to keep adding oil to our lamps. I hope this next study provides more examples of how we can do just that in creative practices that refresh our souls.

We will continue to use the conference calls until we are able to meet face-to-face. For those that would like a visual I could also send a Zoom invitation. (We think if you mute your Zoom but also use the call-in number for the conference call audio instead , it should work!) I need to know in advance if you wish to Zoom and your zoom contact info. Otherwise the number to call each week remains the same. Dial 712-770-4928. At the prompt, type in 804-203.

Any questions, concerns, suggestions contact me! jgtechloft@gmail.com or cell 608-921-1258