



# Spirit in Motion

Parish Newsletter

"Becoming the people God created us to be."

St. Bartholomew  
Episcopal Church

October 2009



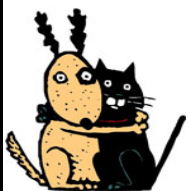
The ECW and Men's Group kick-off on Sept. 15 was a great success. The next ECW meeting is Oct. 13 featuring an international potluck and Trails to Bridges, a free trade store helping third world countries. The next Men's Group is October 20. Both meetings start with dinner at 6:00.



Fresh from our garden, this bounty of peppers and tomatoes was collected and delivered to the Pewaukee Food Pantry. Read a special article about the garden on p. 4.



A big thank you to the Duke family for hosting the Youth Group kick-off on 9/20. There are great plans in the works for the coming year including the mission trip to the Agua Viva orphanage in Guatemala!



**Join us for the Feast  
of St. Francis with  
a Blessing of the  
Animals!**

Saturday, October 3rd at 9:00 a.m.

- All furry, feathered and finned friends are welcome.
- Please have pets on leash or in an appropriate pet carrier.
- Service will be held outside, weather permitting.
- Pet & People treats available after the service!

## Inside this issue:

Page 2	Stewardship, MOPS	Page 5	Parish Nurse
Page 3	Pastor's Pen Mission & Outreach	Page 6	Vestry news
Page 4	Refugee Garden article	Page 7	Lifelong Learning
		Page 8	Spa Day

## Stewardship

Where has this year gone? It is almost time for Consecration Sunday which will occur on October 25, 2009. For the previous three Sundays to this, we will have sermons of great spiritual value leading up to the final one on Consecration Sunday. Please make every effort to attend either the 8:30 or 11:00 o'clock AM services on that day.

You will see a sign up poster in the Narthex. Please sign and enter the number of people who will be present. This is important for the special brunch between services. If you are able please sign up to bring one (or more) of the food items as listed. This will be a blessed time for all of us to share with God first and also to share with one another in our fellowship.

We recognize that the economy is still weak, but we have shown this year our ability to respond. Thank all of you who helped in the special financial drive earlier this year. Now, let's really do well for our Estimates of Giving for 2010. We will be given the Estimate of Giving Card to fill out near the end of each service. May the Holy Spirit be with each one of us as we make this important decision?

As I near my last months as a member of the vestry, I would like to thank all of you for giving me this opportunity to serve you these past six years.

Thank you, John Kronshage

### Spiritual Habits of Effective People: Tithing

by Rick Warren

"Bring this tithe to eat before the Lord your God at the place he shall choose as his sanctuary; this applies to your tithes of grain, new wine, olive oil, and the firstborn of your flocks and herds. The purpose of tithing is to teach you always to put God first in your lives" (Deuteronomy 14:23 LB).

We develop spiritual fitness when we honor God by giving him a tithe every week. Tithing is the spiritual habit of giving back to God the first 10 percent of all I make. If I make \$100, I give \$10 back to God; if I make \$1000, I give \$100 back to God. I get to keep 90 percent but I give 10 percent to him.

Why would anybody have to do that? Because God says so and that's reason enough. If you don't do it, you're disobeying God. But there's more reason. The reason I tithe is to draw me closer to God.

Jesus says, "Wherever your treasure is, there the desires of your heart will also be" (Matthew 6:21 NLT). If I put my money in a boat, that's where my affection goes. Wherever I put my money, that's what becomes important to me. If I put

God first when it comes to my money, it says, "God, you're first in my life."

If you show me how you spend your time and how you spend your money, I'll show you what's important in your life. No matter what you say is important—show me your schedule and your checkbook stubs and I'll tell you what's really important to you.

Deuteronomy 14:23 explains that, "The purpose of tithing is to teach you to always put God first in your lives" (LB). If I say, "God, I want you to be number one in my life," but he's last place in my budget, that's a contradiction.

The Bible teaches that giving is an antidote to materialism. The materialism of the world says, "Get, get, get." The only antidote is giving; we do just the opposite of what the world says. As I learn to hold things with an open hand and return the first part to God, it breaks the grip of materialism in my life. It helps me develop the characteristics of God because "God so loved the world that he gave" (John 3:16). If you want to become like Jesus, you must learn to be a giver.

~ reprinted from *Purpose Driven Connection*

## MOPS

### Mothers of Preschoolers

by Sharie Perugini

*Paging To Every Thing There is a Season... [Ecclesiastes 3:1]*

As we enter into fall, St. Bartholomew's MOPS (Mothers of Preschoolers) group would normally be preparing for the new year. However, after much discernment the leadership team decided to dissolve the ministry of MOPS at St. Bartholomew. Over the past few years attendance was inconsistent and continued to decrease. Mothers originally involved in leadership "graduated" (child started Kindergarten) and fewer moms were interested in taking on a role within the leadership team. It became clear that it was time to focus time and resources on new family strengthening ministries at St. Bartholomew.

MOPS at St. Bartholomew was a blessing not only to mem-

bers of our own parish but additionally mothers from a variety of Milwaukee Metro area denominations throughout the years. MOPS was a place for mothers of preschoolers to relax, re-energize, pick up tips on parenting, share joys of parenting, prayer and support in times of thanksgiving and of trial. Becky Brand and I are very proud to have been involved in MOPS and that we were given the opportunity to serve on the leadership team.

There are other MOPS groups in the area in case you or other mothers you may know are interested. I'm familiar with the groups at Elmbrook Church and in Big Bend and would be happy to put you direct contact with some of their moms. More information about place and time for meetings is available at [www.mops.org](http://www.mops.org) Please feel free to call myself or Becky Brand if you have questions about MOPS.

Thank you for your continued support and prayers...on to the next season.



## Pastor's Pen

Beth and I have been working through some much needed renovations and repairs at our house recently. You know how it goes, you start here and then you look over there and realize that while you're doing this one thing you might as well do that other one as well.

As we entered the second half of the project my confidence was building and so, as an untypical male trying to put things together, I convinced myself that I could skim read the directions for installing indirect light fixtures, thereby obviously saving time and energy. Unfortunately, the part of the instructions I 'skimmed' over simply affirmed what I already knew, while the parts I failed to read contained the vital directions for what I did not know.

My projected time and energy savings became just the opposite, as I had to undo the work I had done on intuition. I still had to go back and read the instructions while re-installing the fixtures in accordance with the way they were originally intended to be installed. Needless to say all came out fine in the end with my ego a bit bruised and time I had hoped to spend on other things being used up in this effort.

As I was letting go of my frustration with that which had not worked, I started drawing a parallel between this experience and the reasons why it is so important to have "a heart that is a library of God's living Word." When we operate from cursory knowledge or a 'skim reading' of the

Bible we risk living our lives much like my experience with the light fixtures. If it is true that this life only makes sense and has purpose when we are living to be the people "God has created us to be," then we need to have a continually deepening understanding of what it means to be that person.

Because we are not God, we need to take advantage of every opportunity we have to learn to see as God sees, to love as God loves, to know as much about the one true God - Father, Son and Holy Spirit - as we possibly can know. This helps us to know the truth of who we have been created to be as a unique and separate, and yet similarly created, person in the image and likeness of God.

When we try to be God and do things our way, it is not uncommon to find that disappointments abound. Fortunately we have God's grace and forgiveness available when we turn back to him - much like my acknowledging my mistake in not reading the manual - and then moving forward in the ways of Holiness and Righteousness and the ways that God has Intended from the very beginning of time. The Christian journey takes time and work, and while it is gift, we get to choose much of what happens along the way. I realize that I must continue to read and re-read God's Holy "manual" until the day I die and maybe, just maybe, my heart will become a library of God's living word."

In God's Peace, Tom+

## Mission & Outreach

### Winter Clothing Collection and Give-away

The Pewaukee Interchurch Lay Council/Food Pantry will again sponsor a clothing give-away for food pantry clients, their families, and the needy in the Pewaukee community on Friday and Saturday, Nov. 6 and 7.

We are looking for winter clothing donations for men, women and especially children. The clothes **must** be in good condition, clean with no stains or holes. You may drop off clothes underneath the long tables by the Communication Wall in the Parish Hall. Help is needed on Friday and Saturday during the give-away and until the leftover clothes have been packed up and removed from the church.

### United Thank Offering Sunday, October 4

Please remember to bring in your UTO boxes on October 4. Our gifts will join with others in the Milwaukee Diocese and around the world to provide help and support to Episcopal parishes in need, here and abroad.



BURMA



AFGHANISTAN



TURKEY

### Refugee Benefit Dinner

Saturday, November 7 at 5:00 p.m.

Enjoy ethnic foods prepared by our Refugee families.  
Tickets go on sale soon! Contact Rick Knuese for info.

## Refugees harvest hope in Pewaukee

*St. Bartholomew's garden provides food for the soul*

By Rebecca Seymour

"I am at peace now," said Gaw Paw, looking over the huge garden she helped plant. The 68-year-old great-grandmother is a refugee from Burma. She and her family fled for their lives from the war-torn country, also known as Myanmar, and spent more than 10 years in a refugee camp on the Thailand border.

They had no electricity and no running water. The crowded camps offered little shelter, and diseases like malaria were commonplace. They had little hope for freedom and certainly, no sense of peace. What they did have, however, was a garden.

Through the support of humanitarian organizations and local churches, such as St. Bartholomew Episcopal Church in Pewaukee, Gaw Paw and her family escaped their unfathomable living conditions and have been living in Waukesha since 2007.

For the past 10 years, St. Bartholomew's has been co-sponsoring refugees and is currently committed to helping over 20 immigrants from Burma, Afghanistan and Eastern Europe. Last fall, several of the Burmese refugees asked if they could start a garden on the church's property. Working and living closely with the land are important facets of the Burmese cultural heritage, and several of the refugees were farmers, their crops taken or destroyed by the military.

Tending a garden could help with grocery expenses in a toughening economic climate, would give the families something to work on and truly call their own and just might quench feelings of missing home.

"Providing a garden space for the refugee families was a great way for the whole community to get involved. It's one thing to sit in church together. It's another thing to roll up your sleeves and get your hands dirty together ... and do it for someone else. The garden is a way to walk the walk," said the Rev. Tom

Papazoglakis, priest at St. Bartholomew's.

### Planting a seed

The refugee families were so excited about the idea of planting their own garden they simply could not wait until spring, said Gaw Paw. In early April one Sunday after church, parishioners taught them how to grow plants in seedling trays. The trays would be kept in the sunny spots of their small apartments for the next eight weeks until it was warm enough to plant outside. This was to be the first time they would finally have the chance to wriggle fingers in dirt, and also their first lessons in Wisconsin gardening.

Children used their fingers to poke holes in the dirt and then sprinkled the tiny seeds of cucumbers, carrots, peppers, radishes, peas, beans and sunflowers. Sets of onions and garlic were also planted.

Gaw Paw brought a clove of garlic up to her nose, breathed in deep and smiled. "It's not the same as where I used to live. Everything is different – the food and the weather. At home we have rice, bananas, papaya, mango, pineapple and flowers," said Gaw Paw. "I feel good planting together with everyone. I hope we share together what we grow."

### Cow versus rototiller

In the meantime, a local farmer used his tractor and plow to break up the weed-choked and lumpy field that was to be the garden. Several men from the church taught some of the refugee men how to use the tractor and rototiller and all worked side-by-side, grading the earth, picking rocks and erecting a tall fence to keep the deer and other critters out of the garden.

"I liked learning how to use the machines," said Burmese refugee Tin Hla. "It's different than in my country because we use a cow to help dig the ground ... and for fertilizer," he added, laughing.

Tin Hla's brother was killed in Burma by the military, and his elderly father still lives there. "My father loved to grow plants a lot. He was a farmer and also worked in a hospital. I will be so happy when we see the plants finally growing because in my country, we were always surrounded by plants. We will remember home and we will be happy," he said.

Members of St. Bartholomew and the community donated all of the materials needed, such as seed, plants, fencing, hoses and gardening tools. The church's youth group even created a stepping stone path leading to the garden and also dug a swale to improve drainage in the low-lying area. Finally, a wooden gate, adorned with a simple wooden cross was hung and the 50-by-50 foot refugee family garden was ready to plant.

### Sharing the Bounty

As the end of summer draws near, the refugee family garden is a lush kaleidoscope of vegetables, herbs and colorful blooms. Pole beans have entwined their tendrils up and around the garden's four-foot-high wire fence. The corn and sunflowers are taller than Gaw Paw and tomato plants bow low, burdened with blushing red fruit.

Cucumbers have been sliced, squashes roasted and cilantro snipped into Burmese recipes to sample. Flowers nurtured from tiny seeds decorate the church.

Rick Knuese is a part of the refugee family ministry and helped make the garden a reality at St. Bartholomew. "This garden benefits the families at so many different levels. Not only is it putting food on their tables, it is also giving them an opportunity to learn new skills. It is giving them a feeling of doing something useful and a sense of accomplishment," said Knuese. "It's not just the garden. It's everything we are doing with this ministry. We are witnesses to their journey and it is a blessing to watch it."

The families plan to give the extra food to the Pewaukee Food Pantry. Gaw Paw wanted to donate the first basket of beans because it is the Burmese custom to give the first fruits of the harvest to others in need.

"I feel happy. We plant it, and now we eat it," she said. The matriarch takes off her glasses and wipes her eyes with her fingers. "I miss my home more – my daughters, my friends, the big river in Thailand where we fish and swim. But I am also happy."

*Reprinted by permission from Lake Country Publications*



MARY MAUER, RN

## The Feast of St. Francis: Did he realize the Healing Power of Pets?

*"God made the wild animals of the earth of every kind . . . And God saw that it was good."*

Genesis 1:25

More than 100 years ago, pioneering nurse, Florence Nightingale said, "A small pet animal is often an excellent companion for the sick." Her words went largely forgotten until 1980, when Erika Friedmann, Ph.D., of the University of Pennsylvania in Philadelphia made an unexpected but important finding: Independent of all other medical and lifestyle factors, men who had experienced heart attacks were more likely to survive if they had pets. Dog ownership increases the odds for survival in persons who have had a heart attack from 1 in 15 to 1 in 87. Pet ownership also has increased the percent of people who survived at least one year after hospitalization for heart problems. Only 6% of nonpet owners survived versus 28% of people with pets. Pet ownership may be only one of several variables that influenced this improved survival, but even a 2-3% difference is significant. In addition, pets may actually lessen the risk of heart attacks.

We have all seen service dogs helping the blind. Did you know that 0.9% of persons with disabilities are partnered with service dogs. That's approximately 15,000 service dogs across the United States. People that couldn't do the ordinary activities of daily living that others take for granted are able to function independently and stay healthy with the help of their canine partners.

You don't need a service dog to keep you healthy. There are many physical, emotional, and social benefits of having a pet. There have been many studies since the 1980's that identified positive health benefits of having a pet. The National Center for Infectious Diseases has stated that pets can decrease your blood pressure, cholesterol levels, triglyceride levels, and feelings of loneliness as well as increase your opportunities for exercise and outdoor activities as well as your opportunities for socialization.

People with pets have been found to have lower cholesterol and triglyceride levels when compared to people who did not have pets, even when matched for weight, diet, and smoking.

Dogs have been shown to reduce blood pressure in a number of populations. Studies in women undergoing stress tests, have demonstrated that the presence of a dog had more of an effect on lowering blood pressure than the presence of friends. Similarly, children who had a dog present during their physical examination showed lower heart rate, blood pressure, and behavioral distress than when the dog was not present.

People who own pets often have better physical health due to the need to exercise and care for their pets.

The use of prescription drugs and the overall cost of caring for the patients in nursing homes dropped in those facilities where companion animals became part of the therapy. A study also found that for persons living at home, those with pets had fewer medical appointments and minor health problems.

Some people who have periodic seizures have reported that their dogs can sense the onset of a seizure before they can. Dogs can be specially trained to recognize some type of change prior to a seizure, and signal the owner 15 to 45 minutes prior to the imminent seizure. This gives the owner sufficient time to prepare, such as moving away from a hot stove.

In addition to the tremors and stiffness that Parkinson's patients experience, they also face a problem called "freezing." Their feet 'freeze' in place while the rest of their body keeps moving, causing the person to fall. As a result, some people with Parkinson's may tend to become sedentary, reluctant to move and reclusive. Parkinson's helper dogs have been trained to identify when a person with Parkinson's is 'freezing.' Medical experts really do not know how or why this works. In addition to breaking the 'freeze,' the dogs are taught to prevent their partners from falling by counterbalancing and helping them regain their footing. If the person would fall, the dog can help the person up.

It may sound stranger than fiction, but a dog in Florida has been reported to be able to detect a particular smell given off by certain skin tumors called malignant melanomas. This dog can sniff out this cancer with close to 100% accuracy. Researchers in Cambridge University are studying the use of dogs to detect the smell of prostate cancer in urine from men. Morley Safer had a segment on CBS in 2005 about this.

There are also animals who alert their owners to episodes of hypoglycemia (low blood sugar), which allows the owner to correct the level before serious symptoms develop.

Dogs have also been found to sniff out breast cancer as well as other cancers. There is still much to learn about our pet's abilities to keep up healthy.

In the beginning of October we celebrate the Feast Day for St. Francis, the patron saint of animals. It is a day to celebrate the wonderful relationship we have with our pets that love us so unconditionally. It is an opportunity to recognize our pets for the gift they are and receive a special blessing. Please join us for our annual Blessing of Animals on Saturday, October 3<sup>rd</sup> at 9 a.m. Check our website for more information.

*Sources:*

*Blended Medicine: Combining Mainstream and Alternative Therapies*, Michael Castleman, 2000.

*Physical and Medical Health Benefits of Pets*, Drs. Foster and Smith, internet article.

[www.cdc.gov/HEALTHYPETS/health\\_benefits.htm](http://www.cdc.gov/HEALTHYPETS/health_benefits.htm)

*"Can Dogs Sniff Out Cancer?"* Rebecca Leung, as shown on 60 Minutes on CBS in 2005.

# Vestry News

## Memorial Garden

A little known spot on the St. Bartholomew property (unless you have a loved one buried there) is our Memorial Garden. The Memorial Garden, located just south of the Mary Chapel, is a place where baptized members of St. Bartholomew's Episcopal Church or their immediate family can be interred. The Memorial Garden Guidelines establish a fund for maintenance and upkeep and an endowment fund for lasting income to the Memorial Garden Fund. Recently the vestry reconsidered the guidelines and has adopted several changes that are relevant to the growth of these funds. The current donation of \$150 for interment is inadequate to provide quality continuous perpetual care of the Memorial Garden. The vestry has approved increasing this donation to \$750, a considerable savings over interment at a cemetery.

The Memorial Garden Guidelines also establish a Memorial Garden Committee to oversee the upkeep and planting. The new revisions stipulate that this committee will be chaired by the Junior Warden.

The approved revisions will be effective on January 1, 2010. We are allowing this grace period so that current members have the opportunity to reserve a plot prior to this new policy taking effect. A copy of the revised document is available in the church office. If you have any questions please contact Rachel Knuese (Parish Administrator), Fr. Tom Papazoglakis or Jan Watter (Sr. Warden).

## ANNUAL MEETING

**Mark your calendars now for the  
annual meeting on  
Saturday, January 23rd!**

**8:30 Hospitality**

**9:00 Annual Meeting**

**11:30 Celebration Luncheon**

Why you should attend the Annual Meeting? The Annual Meeting provides a time for the congregation to come together as a whole to celebrate all the wonderful things that have gone on at St. Bartholomew in 2009 and gives a chance to look ahead to 2010 and beyond. Each ministry leader/vestry member shares their "reports" giving you an opportunity to see where you might want to get involved. New vestry members will be elected, the church's finances will be discussed, and the overall vision of St. Bartholomew will be revisited and reignited. Please plan on attending this very important event. Contact the church office if you have any questions.

## Vestry Nominations

As is the case in any organization, great leaders are needed in order to succeed. Churches are no different. At St. Bartholomew, our leadership team is called the Vestry. Our Vestry leaders are charged with the oversight of ministries with the purpose of: a) providing numerous areas in which we can become closer to God and grow in our spiritual journey, and b) to help other people become leaders in the church.

Since Vestry leaders serve on staggered terms, we routinely have several Vestry positions up for election at each annual meeting. We are looking for people who feel a calling to leadership and want to assist St. Bartholomew in continuing to be a healthy and growing church. Below are some of the characteristics of good leaders (from Raising the Roof by Alice Mann):

- People who listen openly for where God is calling this congregation next.
- People familiar with the satisfactions and pinches experienced by members, newcomers, and visitors in our church today.
- People who understand the political realities of the church.
- People who work well with the priest.
- People who have a "voice" in the congregation and are listened to when they speak.
- People who can stay calm and work creatively in the face of some congregational anxiety.

All interested parties are strongly encouraged to attend a Vestry meeting to experience how they operate. Everyone interested in becoming a Vestry leader and for others who would like to suggest someone, please contact the parish office at 262-691-0836.

**November newsletter deadline is**

**October 15th**

**Send articles to**

**[newsletter@stbartspewaukee.com](mailto:newsletter@stbartspewaukee.com)**

**Contact the office if you have any questions!**

# Lifelong Learning

## Managing your Money

Satellite broadcast from

Christian Communication Network  
at St. Bartholomew, Sat., October 10, 12:30-4:30

Managing Your Money will teach you how to:

- master the principles of money management
- invest wisely in today's economy
- overcome consumer debt
- create a successful household budget
- set priorities and achieve your financial goals

Call the parish office for more info. or to register.

## Wrestling with Angels

25 min. video and discussion 6:30 – 8:00 pm; This 4-part series tackles head-on the kind of tough, real-life questions that can lead a person into a deeper understanding of God. Each episode features ordinary people sharing their experiences of struggling with these questions. Their stories are interwoven with reflection and commentary by some of the most sought-after, best selling Christian authors and speakers of our time.

**Sunday, Oct. 25 Why Me? Philip Yancey**

**Sunday, Nov. 1 Prayer – Richard Foster**

**Sunday, Nov. 8 Doubt – Madeleine L'Engle**

**Sunday, Nov. 15 Forgiving- Lewis Smedes**

For more info. on each session, see the flyer on the Communication Wall in the Parish Hall. Attend one or all – bring a friend – Questions? Lillie Radmer, Mary Mauer, Betsy Hegwood, Will Fris Sign up via email or on the communication board.

## MISSION & OUTREACH continued from p.3...

### Interfaith Fall Yard Clean Up

The Fall clean up event will occur throughout the month of November. We are targeting Saturday, November 14th as our work day. I would really like to see St. Bartholomew provide enough volunteers to fill out four separate crews. This past Spring, our refugee families and members of the Refugee Ministry Team mustered two crews and we all were thankful for the opportunity help others (remember the picture of Gaw Paw with the weedeater?). It would be wonderful to have more of our parishioners working side-by-side with our refugee family members. A signup sheet will be posted at the beginning of October. Please consider joining us for this event. ~Rick Knuese

### October Food Pantry Items

Thank you to everyone who has donated so generously to our Pewaukee Food Pantry collections in August and September. We are reaching and exceeding goals and really helping keep the pantry stocked. October's items are spaghetti sauce and spaghetti noodles. Watch the Communication wall in the Parish Hall for the weekly count and thanks again!

## October Birthdays

Frank Lange

Amber Close

Jacob Lange, Bruce Kren

Jennifer Carr, Becky Brand

Kristin Bush

Louise Thompson, Ryan

Stock, Tanner Kronshage, Kelly

Dwyer

Jeff Watter, Daniel Brand

Harry Baker, Sally Kronshage,

Diana Stuckslager

Carl Bardenwerper

Sharie Perugini

Chudi Okoli

Pat Barger, Bill Seymour

Robert Perugini

Lauren Bardenwerper

Hazel Stock

Nichole Noel, Bernard Krauska

Amy Lange, Hannah Perugini

Manuel Salinas, Ryan Hegwood

Ken Bush, Gladys Sutherland

Sarah Reichert

## October Anniversaries

Bill & Amber Close, Rick & Rachel Knuese

Richard & Laura Noel

Rob & Betsy Hegwood

Bill & Kris Desmond

George & Pat Barger

Robert & Gladys Sutherland

To be added to the Birthday/Anniversary list or to make corrections, please contact the office.

**St. Bartholomew  
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**info@stbartspewaukee.com**

**Vicar: The Rev. Thomas Papazoglakis**

**SUNDAY SERVICE SCHEDULE:**

**8:30 a.m. Holy Communion Service  
(Organ and Choir)**

**11:00 a.m. Holy Communion Service  
(Praise Band)**

**6:00 p.m. Holy Communion Service**

**We're on the web!**

**www.stbartspewaukee.com**

## Spa Day at St. Bartholomew



Have you ever wondered about massage, Tai Chi, Amazon herbs, Reiki, essential oils or other holistic options? The Health Ministry at St. Bartholomew is excited to host a *Spa Day* on Saturday, October 31<sup>st</sup> from 10 a.m. to 2 p.m. This free event is a kick-off to introduce the "whole-istic" themes for the 2010 health articles in *Spirit in Motion*.

We are planning some very exciting opportunities to better educate, demonstrate, and celebrate "whole-istic" health. Saturday's *Spa Day* will have two tracks: a morning session from 10 a.m. to 11:30a.m. and an afternoon session from 12:30 p.m. to 2 p.m. There will be experts available for many "whole-istic" health topics that will describe and demonstrate gentle, natural techniques in which to enhance your health. A healthy lunch will be served from 11:30 to 12:30 p.m.

Have a chair massage, learn some gentle Tai Chi movements, experience different essential oils, "walk" a finger labyrinth and much, much more! Bring a friend and have a fun and educational time. Come for all or part of the day. Win door prizes!