

The Christmas Pledge

*Believing in the true spirit of
Christmas,
I commit myself to:*

Examine my holiday activities
in the light of my deepest values

*

Remember those people
who truly need my gifts

*

Express my love
in more direct ways than gifts

*

Be a peacemaker within my circle of
family and friends

*

Rededicate myself
to my spiritual growth

Well Spring ~ A Day Apart

United Churches of Langley
Murrayville site
21562 Old Yale Road
Langley, BC



Liberating the 'Christmas Shoulds' AND Creating a Soul Collage

November 18, 2017
10:00 am – 3:00 pm

Leadership: Rev. Hilde

Please register by November 14th
so we may plan for lunch.
604-530-2929

Cost for the day: \$20; includes lunch.
(please speak with Hilde if this cost will
discourage your participation)

Well Spring

November 18, 2017

10:00 am – 3:00 pm
~a Saturday~



Liberating the

'Christmas Shoulds'

*'Caring for our spirits during
the rush towards Christmas'*



AND

Creating a Soul Collage

*A thoughtful exercise that
calms and encourages the soul*



*Learn some techniques for creating a
more relaxing Christmas.
Free yourself from anxious Christmas
preparations.*



*Work with images, colour and shapes.
Create a soul card
that speaks to who you are.
Discover a part of you
that has been hidden.*

November 18, 2017

Murrayville Site

- 10:00 am Directions for the day
10:10 am Opening Worship
10:20 am Sacred Readings
10:30 am Liberating
the 'Christmas Shoulds'
*Caring for our Spirits during the rush towards
Christmas*
11:45 am Lunch
12:30 pm Creating a Soul Collage
*A thoughtful exercise that calms and
encourages the soul*
2:15 pm Sharing our Soul Collage
stories
2:30 pm Closing
2:50 pm Discussion about the day
3:00 pm Home



Cost for the day: \$20; includes lunch.
(please speak with Hilde if this cost will
discourage your participation)

Christmas Shoulds

Christmas is a wonderful time of year, but often we hear people dreading its coming, because of all the demands it puts on our lives. We hear them wish it was simpler, slower, not - 'crazy making'.

There are ways to make changes that will still respect traditions and family. Join with others to make a plan for a rich, self-honouring, Christmas season.



Soul cards

Making a soul card is like a moving meditation: a way to quiet the endless chatter in our head so that we can pause and wait for the activity to open us. It can be deepening and there is the lighter side. There is often a lot of laughter and insight; there are 'a-ha' moments and wonder.

We can create cards for the various parts of our personalities that need attention or are a distraction. Making soul cards can nourish our hearts while using our intellects and at the same time touch our creativity. Everyone can participate in this activity.

Slow Me Down, God

Slow me down, God.
Ease the pounding of my heart
by the quieting of my mind.

Steady my hurried pace
with a vision of the eternal march of time.
Give me amid the confusion of the day,
the calmness of the eternal hills.

Break the tension of my nerves and muscles
with the soothing music
of the singing streams
that live in my memory.

Help me to know the magical restoring power
of sleep.

Teach me the art of taking MINUTE vacations,
of slowing down to look at a flower,
to chat with a friend,
to pat a dog,
to read a few lines of a good book.

Slow me down, God
and inspire me to send my roots
deep into the soil of life's enduring values
that I may grow toward the stars of my
greater destiny.

Wilfred A. Peterson