

Nurturing Spirit Retreat

March 1-3, 2019

The Life-giving Power of Water

"We are like islands in the sea, separate on the surface but connected in the deep."
William James

Water sustains us.
Water heals us.
Water is us.

Surrounded and embraced by the Pacific ocean, Samish Island is the perfect place to immerse ourselves in the healing metaphor of water.

Through image and story
Through meditation and movement
Through music and metaphor
Through rest and through play
Come discover water as the healing wellspring of life.

To register email
debra@communityofchrist.ca
Schedule is posted on facebook
Adults \$130 usd

Nurturing Youth Spirit Retreat

This year we will be exploring the Circle of Courage as shared by the teachings of Dr. Martin Broken Leg. What is this thing called COURAGE? Who has it anyway? Is it ridiculous or righteous to have dreams in a world people seem to worry so much about these days?

We are also going to cook a little and go CANOEING. If you are 10 and up, and attending with an adult, come discover your inner strengths and the Sacred ways of water on Samish Island.

Youth \$75usd