



Spiritual Enrichment Series – Tuesdays 6:30 -7:30 PM

*Part of our ongoing faith development is the willingness to open our mind and heart to the mysterious ways God interacts with us. This series offers a number of different methods to calm your mind and experience a spiritual connection with God. Come to one session or all of them - **EXPECT THE UNEXPECTED!***

October 1 Drum Circle & Rhythm Church - Cheri Bunker

HeathRhythms empowerment drumming is an evidence-based wellness program. No experience necessary and drums will be provided. You are guaranteed to have fun! We will end the night with the beautiful sound of rhythm church where we use hand percussion and chimes and very few drums if any at all as we wind down the evening.

October 8 "Let's talk about Intuition, a Human Approach to Sovereignty"– Amy Vasterling

Join in the conversation where seasoned intuitive Amy Vasterling will share information about how she defines intuition, how she came to learn she is intuitive and in what ways everybody, including you, is intuitive. Amy's playful, altruistic and down to earth nature will keep you captivated.

***Amy Vasterling** is a thought leader in the area of working with parents who have what she calls cognizant children. She teaches, speaks and writes on this topic as well as on the topic of intuition. Through a series of life events Amy realized she is highly intuitive and now helps parents of children like her.*

October 15 – Dowsing for Health and Wellness– Cheri Bunker

Come and learn the art of Dowsing using a pendulum or dowsing rods. Learn how dowsing can access your intuitive knowledge and assist you with questions about life, love, and health. Dowse in your home to find out the best placement of furniture, plants, etc. Dowse to find out what is the best color for your energy field for the day or the best essential oil or herb your body needs. Learn to make your own dowsing charts. Hand-outs and charts will be given in class to take home. You will also receive a gem stone pendulum to use and take home with you. **\$7.00 class fee**

October 22 Crystals for Prayer & Meditation– Jennifer Salness

The earth has deep wisdom and support to share with us. She is alive and vibrant, showing herself through minerals and gemstones around the world. The crystals of the earth are not just beautiful to view but have an innate energy just like everything in nature. When we can consciously tune into their gifts and messages, we can remember the same gifts that are always within ourselves. Crystals aren't just for the woo-woo crowd. Crystals can help us in many ways, including using them during our daily prayers, to facilitate a deeper meditation, and to help us focus on our intentions for ourselves and the world.

***Jennifer Salness** is a Crystal Intuitive and Teacher. Her passion for crystals and stones began at a young age and she has been working with them professionally for over 20 years. Through working with the crystals directly, she has developed her own style of teaching with practical, every day applications, and has a grounded and yet spiritually connected manner. She is certified in and has studied numerous holistic healing methods. She is owner of Crystalline Light, an online shop offering high quality and high energy crystals. She also happens to be a PK, the daughter of an ELCA Lutheran retired pastor, who happens to be one of her biggest fans.*

October 29 Sacred Grounding Rhythm Movement – Cheri Bunker

Learn about your chakra energy centers and then move through all seven of the Chakras to open blockages. Feel the rhythm and move with your eyes closed or wearing a blindfold. Dance like no one is watching as no one will be. Feel the energy of each Chakra opening one by one. Dance with colorful tribal scarves in your own little circle. Create a mandala of your sacred grounding movement experience at the end of the class. Chakra handouts provided. This program can also be done seated for those that prefer not to stand and dance. Barefoot or appropriate non slip footwear is recommended.

November 5 A Respectful End to Grief – Valerie Lis

After a loss, grief is natural. In time, the pain usually softens. When it persists or becomes uncomfortable, Simplified EFT can help. This workshop includes a group tapping to break through grief. Most participants can expect to gain a sense of hopefulness by the end of the workshop. While other methods may be temporary, this offers a more permanent solution – a return to memories based in joy and a respectful end to grief. **Valerie Lis, MA** has conducted hundreds of workshops and supported thousands of clients to obtain consistent, lasting results with EFT Tapping. She has contributed chapters to numerous books including **The Clinical EFT Handbook** and is the author of the upcoming **Simplified EFT™: How to Get Exceptional Results Every Time You Tap**. She is the founder of Simplified EFT™, including a series of tapping principles to produce faster, deeper sessions that can be blended with other styles of EFT. Valerie also teaches a variety of courses at a Minnesota state college.

November 12 Sound Healing for Health and Wellness -Cheri Bunker

Learn about tuning forks, brain humming, chanting and other sound vibrational tools for healing and relaxation. You will learn the science behind sound healing and simple tips you can use at home to stay healthy. Participants will be able to try the tuning forks and receive hand-outs to take home with suggested wellness exercises.

November 19 Contemplative Meditation – Marianne Kollar & Laura Drube

Marianne and Laura play a combination of harps, flutes and percussion instruments, improvising music that is ethereal and contemplative. They play one on one with hospice patients, as well as giving periodic performances for groups in assisted living and in memory care settings. Marianne and Laura met in 2017 as hospice volunteers working with Lakeview Hospice located in Stillwater. They came together when the hospice volunteer coordinator invited them to use the organization's reverie harps with patients. They soon discovered they both had native style flutes, drums and an interest in playing music. Since then they have discovered other instruments and enjoy pairing them to create distinctive sounds.

Marianne Kollar is a retired computer technologist and a Reiki Master. She conducts the divine healing love of reiki through her music. In the last two years of working with hospice, she has played over 550 hours of music for patients. As a volunteer, Marianne also plays harp music and does reiki at Caring for Cats, a no kill shelter in North St. Paul.

Laura Drube is a retired IT project manager. She was active at Unity North Spiritual Center as a prayer chaplain and has led meditation services. Laura has been trained in HeartMath meditation techniques. She has been a hospice volunteer for 3 years, using the harp with her very first patient. She believes the musical sounds touch people in ways that engage, comfort and relax.