

That it may be well with you ...

In our hurried world, with ministry's many stresses and responsibilities, it is not easy to experience wellness in our lives. The Board of Pensions Wholeness Wheel talks about well-being in the areas of social/interpersonal, emotional, physical, financial, vocational, and intellectual. We are offering wellness experiences in many of these areas so that you have opportunities to help you be well. I hope you can participate in some or all of them.

Thursday, June 10 at 4:30

Rostered leaders and their families in the northern parts of our synod are invited to **Chautauqua Park** (on the north side of the lake) in Storm Lake. We will walk or run, use the playground equipment, etc., and then have a picnic meal together. Participants are invited to bring a picnic supper; a grill will be provided.

Thursday, July 22 at 4:30

Rostered leaders and their families in the southern parts of our synod are invited to **Wabash Trace** (Hwy 92 and S. Omaha Bridge Rd.) in Council Bluffs. We will walk or run, use the playground equipment, etc., and then have a picnic meal together. Participants are invited to bring a picnic supper; a grill will be provided.

Thursday, August 19 at 6:30

Rostered leaders and their families in the northern parts of our synod are invited to **Frank Starr Park** (west side of the lake) in Storm Lake. We will bike around the lake (or as far as you'd like to go) and then have a watermelon feed. Bring a snack to share. Cost is \$5 per household.

Thursday, September 9 at 6:30

Rostered leaders and their families in the southern parts of our synod are invited to **Wabash Trace** (Hwy 92 and S. Omaha Bridge Rd.) in Council Bluffs. We will bike for about an hour (or as far as you'd like to go) and then have a watermelon feed. Bring a snack to share. Cost is \$5 per household.

Sunday evening through Tuesday morning, October 17-19

Rostered leaders are invited to some days away for a Spirituality Retreat. There will be time for centering prayer, worship, rest and conversation around the book *The Cup of Our Life: A Guide for Spiritual Growth* by Joyce Rupp.

Thursday, November 4, 10:00-12:00

Rostered leaders in the northern parts of the synod are invited to the Western Iowa Synod Office to discuss the book *Keeping the Sabbath Wholly* by Marva Dawn.

Thursday, November 18, 10:00-12:00

Rostered leaders in the southern parts of the synod are invited to Our Savior's Lutheran Church in Council Bluffs to discuss the book *Keeping the Sabbath Wholly* by Marva Dawn.

Sunday evening through Wednesday morning, January 30-February 2

Rostered leaders are invited to a Spirituality retreat at Okoboji Lutheran Bible Camp. Further information will be on the Western Iowa Synod website and in future issues of the *Spirit* and *E-Spirit*.

March or April

Rostered leaders are invited to a *Living Well* retreat that focuses on living and worshipping around the Wholeness Wheel. Further information will be available on the Western Iowa Synod website and in future issues of the *Spirit* and *E-Spirit*.

I look forward to seeing you at these events.
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