



## FRESH RENEWAL'S 21ST ANNUAL SUMMER PICNIC

*June 3, 2012*

Once again, the sacred piney woods in Augusta opened her welcoming arms to those of us who were blessed to attend our June picnic. Here, we were offered a multitude of activities to nurture and heal body, mind, and spirit.

Once again, our Tai Chi Master, Herb Parran, led us in awakening to the day and to the experiences awaiting us. Through bending and extending our bodies and our minds, we became ever more open to the wonders in store for us.

Our guest speaker, Denny "Baladhara," resonated "the language of the heart" as he shared his life journey experiences. Leaving behind the confusion and despair that seems to define the human condition, he shared the healing and strength found in a working faith and the joy of simply being.

Our nostalgia for times past was stirred and re-kindled by our picnic in the woods...for who does not have memories of long-ago fun not always present in these busy times? What can supplement the beauty of the forest, grateful minds and joyful spirits but a table of traditional summer foods? The traditional burgers, brats and dogs were supplemented with leafy-green salads, home-brewed teas and lemonade, and an abundance of pies, cakes, and cookies.

Our afternoon activities began with Marleen Chertok's fun-filled "Laughter Yoga." As we sat in a circle, laughing until our sides hurt, windows of clarity were opened within our minds and hearts.



This activity was followed by the choice of attendance of any three of the following available activities: Healing Touch (Carol Martin), Ascension Meditation (Amrita Ishaya and Baladhara), Walking the Labyrinth (Kaaran Bowden), Leisure Meditation (individual solitude), and Lake Hike (Cheryl McKinley).

The afternoon ended with Sound Healing and Music presented by Todd Mosby. While playing an abstract tune as a meditative tool for supporting the stillness within, we were lulled into deep meditation. Deep within the heart of God, we felt soothed and dearly loved...a reminder that God loves us just as we are...and that we love others just as they are, as God intended us all to do.

Our annual raffle, which traditionally closes our event, was our best one yet. This experience has to be seen to be believed! It is yet another reason to mark your 2013 June calendar. Plan to come and be a part of this one special day a year. It is definitely worth the beautiful drive to Augusta!!!

As everyone packed up, cleaned up, and departed, we caught a final glimpse of our little spot of Paradise, our chalet in the woods:

a place of love and healing, filled with so many voices from long ago: the nearby sacred Indian burial grounds and the many people who have been restored to faith and hope by the beauty and acceptance found here.



## KAREN CASEY WRITERS' WORKSHOP - 2012

The Karen Casey Workshop titled The Journey Within Continues was held September 7th to 9th at the FRESH Renewal Center in Augusta, MO. Karen Casey is a prolific writer, having published over 20 books and still "writing strong".

Weekend participants were treated to a spiritually significant workshop, under Karen's guidance. Attendees used words such as "powerful" and "introspective" to describe the experience. Karen is able to encourage people to write from their "core" within, and nurtures individual creativity. The result is inspiring growth for the writers, new

insights and "ah-ha" moments.

Camaraderie and trust are integral parts of the experience. Both are available during this workshop, held again at our chalet in the woods in Augusta. Hope to see you next year September 13-15, 2013. This is something you do not want to miss.

Our thanks to Cheryl and Dick McKinley, founders of the FRESH Renewal Center. Their attendance and participation at this workshop, held at the chalet, is always valued and appreciated.

## THE SECRET'S OUT!

### The Linns Are Coming May 3 & 4

Mark your calendars for Friday evening May 3, and Saturday May 4, 2013 for a wonderful seminar/retreat with the Linns. Dennis, Sheila and Matt Linn are absolutely amazing in their retreats and seminars for healing and reconciliation by their interfaith approach to lead and teach processes which integrate generic spirituality with psychology, medicine and science. These popular authors have written 22 books which have sold over a million copies in English, and have also been translated into more than twenty languages. The Linns have given seminars and retreats in over 50 countries.

We'll know more by February. Watch for upcoming information; and be sure to sign up as soon as possible as the Linns' event is expected to be a sellout. And, yes, CEU's will be available.

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## SPOTLIGHT ON THE BOARD - ANNE McNALLY

In this issue, the SPOTLIGHT shines on our President of the Board, Anne McNally. She has been an active member for the past eleven years, supporting our organization with her faithful presence and un-failing hard work at annual events. In her capacity as a Board member and, most recently as President, she has played a major role in the conceptualization and execution of programming for our sponsored activities.

Anne is a Directory Listing Coordinator for AT&T. In addition to a demanding career and her untiring efforts on behalf

of F.R.E.S.H., Anne enjoys traveling, family time, her handsome significant other, her friends, and her two cats. Her hobbies include jetskiing, gardening, garage sales, reading, cooking, walking, hiking, and ZUMBA! (A little-known fact about Anne is that she was the only Board member willing to join Cheryl McKinley in plunging into the freezing cold pond in Augusta for a bracing swim. What a gal!)

Having a peaceful, serene life is Anne's goal. From this writer's perspective, she has assuredly accomplished it! Thank you, Anne.

## SAVE THE DATE

- ◆ **Candlelight Ceremony:** December 2, 2012
- ◆ **Linns Workshop:** April 3-4, 2013
- ◆ **Annual Picnic:** June 2, 2013
- ◆ **Karen Casey Writing Workshop:** September 13-15, 2013
- ◆ **Candlelight Ceremony:** December 8, 2013

