



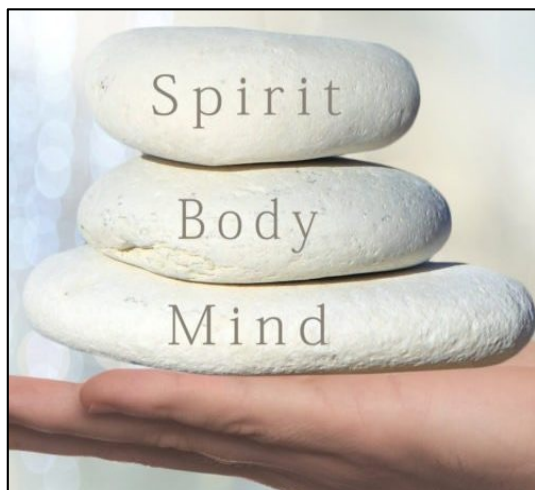
## MIDWEEK SPIRITUAL TUNE UP

October 2024 Schedule \* Location: CSA Community Room

October 9th 6:30-8:00 Rev. JoAnna Daum

### Gratitude & Release: The 4th & 5th Steps of Treatment

Rev. JoAnna will complete our series of Science of Mind Treatment teaching. She will present Steps 4 & 5 – Gratitude and Release – and give participants an opportunity to share their experience, as well as practice writing and speaking treatments for themselves and others. Both newcomers and long-time students of SOM are welcome to refresh their skills.



### October 23rd 6:30-8:00 Rev. Cynthia Bianchetta Embracing Our E-motions through Movement

Mind, body, and spirit are interconnected. The word “emotion” comes from the Latin word “emovere,” which means to move, move out, or move through. From Rev Cynthia’s “Moving with the Beloved Series,” she offers a segment exploring the release of these emotions through intuitive movement to music. Come move & sweat our prayers together; wear comfy clothes and bring a journal.