## Spa for the Spirit

Online Retreat Morning Saturday, March 6, 9-12:30



## Spiritual Fitness for Peace-Makers

Kate Heichler will lead us in a time of at-home retreat, exploring ways to keep our spirits in shape, cultivating the practices of forgiveness, hope, hospitality, and peace.

Click here to register; link and info will be sent.

Christ Church in La Plata & Christ Church Wayside