

Spiritual Day

Saturday May 2 ~ 9 am - 2:30 pm

Applewood Valley UMC, 2035 Ellis St, Golden CO 80401

*Join Mile High Metro United Women in Faith as we explore Love of God,
Love of Self, Love of Others, Love of the Hard to Love*

Finding Grace and
Peace in Difficult
Relationships
with Marsha Clark

Every Day Ubuntu
with Marcia Canter
Based on the book
by Mungi Ngomani

Yoga and Meditation
Practice

Expressing Love
Through Sound

Registration Fee is \$15 and includes lunch. You must preregister using the google form in order to make your lunch selection.

<https://tinyurl.com/MHMSpiritualDay>

If you are having difficulty with registration, please call Nancy Friday at 303-990-3944.

Please register by Saturday, April 25!



United
Women
in Faith

Handicap
parking
available in
North parking
lot. Meeting to
take place on
one level.

Donations will be
collected for Home
in Golden: rain gear,
travel size items
such as sunscreen,
chapstick, shampoo,
soap, deoderant

What the world needs now is love