

**Compass Points of Care  
Spring Retreat – Mayfield Fellowship  
April 29, 2017 – 9:00 am-3:00 pm  
Mayfield Church UCC**



***Compass Points of Care:** We know what it's like to be worn out, in a hurry, overwhelmed with lists, or buried in piles of what's taken place or what isn't done. We lose our sense of direction as our internal gauge keeps spinning. Any compass points are lost. Our spirits become whittled down or dried out. We are no longer sure how to act with clarity, courage, curiosity, creativity, and compassion. **Compass Points**, a sabbath time for self-care, will focus on balance and wholeness with practices to retain our orientation, joy, and resilience over time. This day will lift up unseen wholeness in our many scattered pieces.*

**Is there someone you know who might like to join us as we consider Compass Points of Care? Invite them to come on Saturday, April 29, 2017 from 9:00 am until 3:00 pm at Mayfield Church, UCC. Registration is \$20. Lunch will be provided. Please register by Sunday, April 23. Checks are to be made payable to Mayfield UCC and placed in the offering plate or mailed to 28405 Church Road, Sycamore, IL 60178. Thank you.**

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**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_