



Wake Up — Preparing for Advent

A Wisdom Teaching Day
with Darlene Franz
Saturday, November 12
9:30am - 3:30pm

Since 2006, **Darlene Franz** has been composing chants and facilitating mindful singing workshops throughout the US and Canada. Her work with groups cultivates the expansion of embodied attention and presence. Through active and meditative practices based in sacred mantric interspiritual chant, singers and “non-singers” can discover grounded, centered, whole awareness while singing. **She will gather us and teach us how chanting awakens our whole being to the presence of Divine Love.**

Darlene will be supported by St. Barnabas parishioner **Pat Speidel**, who is a Contemplative practitioner of Centering Prayer, The Fourth Way, and Reiki, a healing practice. In addition, **The Rev. Patricia Robertson**, St. Barnabas Assistant Priest for Contemplative Ministries, will offer some scriptural perspectives on Waking Up.

“May we wake up and remember who we truly are.”
~ Jane Hooper

Participation is limited. Please register as early as you can. Your check or indication of scholarship need secures your spaces. Donations are non-refundable. **Registration begins October 1 for St. Barnabas parishioners; registration for the general public begins October 15.** For more information, contact Patricia at revprome@hotmail.com

Registration Form

Your registration includes tea, coffee, and snacks. Please bring a brown bag lunch.

Name: _____

Address: _____

Phone: _____ Email: _____

\$ _____ Suggested donation: \$20.00 \$ _____ Scholarship requested

\$ _____ Additional donation for scholarships _____ I would be willing to help in this way:
(Please specify on reverse)

Please make checks payable to: **St. Barnabas Episcopal Church**,
indicating **“2016 Fall Wisdom Day”** on memo line

Please mail forms and payment to:

St. Barnabas Episcopal Church, 1187 Wyatt Way NW, Bainbridge Island, WA 98110