

Yoga & Tea Time



The yoga sessions will be followed presentations by Rev. Susan McAllister of Spirit Renewal Ministries (June 6) and Mary Ibis, Associate Director of Music at Second Presbyterian Church in Little Rock, Arkansas (June 15).

Dates – June 6 and June 13

Time – 7:00pm

Yoga with Gretchen.....



Gretchen **Gegg**, an instructional associate professor at Texas A&M University, will lead us through a yoga class that is accessible to everyone regardless of fitness, ability or perceived physical limitations. Participants will move through easy-to-follow flows either standing or sitting in a chair. There will be options offered for experienced yogis and very beginners alike. Absolutely no experience necessary. Wear comfortable clothes!

Tea Time with Susan.....



Rev. Susan McAllister, the minister at Princess Street United Church, Kingston, Ontario, Canada will speak about her recent mission trip to East Africa with Spirit Renewal Ministries. Journey with her as she travels the dusty and bumpy roads of Kenya and Uganda and shares the teaching she did with pastors and church leaders, listening to the stories of widows, worshiping, dancing, singing and preaching in churches. Experience her adventures through story and photos.

Tea Time with Mary.....



Mary Ibis is a "Turk", or at least married to a man from Turkey. She and her husband raise their two children in a multi-cultural/interfaith home. This February, the Ibis family said goodbye to the patriarch of their family. Mary wrote about the experience of saying goodbye, and burying her father-in-law in Istanbul, Turkey.

While there are some similarities to the process of dying and grief (like, people actually die and then other people grieve them), much of the process is quite different from what Americans experience in a "typical" dying/grieving process here in the US. Through story, pictures, food, and tea, Mary invites you to share in her journey.