



## *Awakening Heart...*

*A learning and enrichment center that empowers people to acknowledge and give voice to their spiritual experiences and faith journey.*

*413-596-8488*

## *Winter 2011 Schedule*

*A place for spiritual peace & discovery at*

*Wilbraham United Church:*

*Where You Matter!*

*500 Main Street - Wilbraham MA 01095*



## *Please Support Awakening Heart!*



Awakening Heart is one-of-a-kind!

No other church in the area offers such a variety of classes  
for the enrichment of spirit, mind and body.

There's something for people of every age and any stage along the spiritual path.  
Awakening Heart is a ministry program of the Community and World Ministry Commission  
at Wilbraham United Church.

"Body, Mind and Spirit are One..."

"Awakening Heart sees the body as a Holy Temple, given by God. By treating the body as a holy dwelling place of the spirit, we grow to understand the connection between body, mind and spirit. No matter where anyone starts, body, mind and spirit are all touched by the Awakening Heart Experience."

Charlie Close, pastor of Wilbraham United Church

"...Provides nourishment for the soul."

"Our culture challenges us to find our 'passions' and identities by purchasing products. Awakening Heart provides nourishment for the soul. Through yoga, meditation, support groups and more, Awakening Heart challenges and provides affirmation to the individual in search of his or her essence."

Greg Gale

"A wonderful healing place..."

"I found Awakening Heart when I was suffering the effects of a serious car accident. I had always been interested in holistic healing, and now I had a place close to home that was offering just what I always wanted! I am so grateful to Awakening Heart and the many blessings it has brought into my life."

Donna Morrison

"...Growing by leaps and bounds!"

"Awakening Heart has tapped into a deep need for an innovative, intelligent and fun place to explore the many expressions of one's spirituality. It is so exciting to see that Wilbraham United Church has become a national leader in giving shape to the church of the 21st century: responsive, inclusive, and caring."

Joni Paterson, M.Div., Ph.D.

Awakening Heart would not exist without the unfailing support of its students, friends and volunteers. We're grateful for all of you who attend classes, spread the word, and donate your time and energy to expand the mission of Awakening Heart.

We're also grateful to those of you who make financial contributions  
to ensure our continued growth and success.

**Please consider making a donation to Awakening Heart.**

Your gift, large or small, will help us expand our offerings and ensure our continued success.

Thank you!

Please mail your donation to:

Awakening Heart -- Wilbraham United Church -- 500 Main Street -- Wilbraham, MA 01095

## Awakening Heart Winter 2011 Schedule

**Women's Yoga - Mon @ 9:30 am - Sarah (413) 949-3883**

**Tai-Chi-Gong - Tuesday @ 9:30 am - no experience necessary**

Robert Rivest (413) 747-5004 call to register

**Open to Yoga - Tues @ 7 pm - All levels Ellen/Maura**

**Gentle Yoga - Weds @ 9:30 am - *suspended until May***

**Yoga for All - Fri @ 9:30 am - All levels Sarah**

