



EarthWhispers Abbey Retreats & Programs

Reconnect with Nature. Awaken Your Creative Spirit.

Sponsored by Shalom Spirituality Center via Zoom
With Felecia Babb and Sue Schuerman

MYSTERY BOX SERIES

April 14, 2021 – Natural Elements: Air and Water

Homework:

Sit with a feather or bowl of water and think of a freedom moment in your life. Who helped you feel that freedom? Dance a prayer for that person.

Resources:

Paintner, Christine Valters. *Water, Wind, Earth & Fire: Praying with the Elements*. Sorin Books, 2010.

Blessing:

“May you discover the flow and freedom of air and water in your life. And, may you be a blessing to everyone you encounter this next week.”

FOR NEXT SESSION: Please bring a hand-held mirror.

Please share homework and comments on **EarthWhispers** Abbey Facebook group:
[Facebook.com/groups/earthwhispersabbey](https://www.facebook.com/groups/earthwhispersabbey)