

saturday, october 5 ✨ 10 am-2 pm



renew ✨ reflect ✨ reconnect

Do you need to relax, renew, reflect, and reconnect? On Saturday, October 5, 10 am-2 pm, join us at Renew U, a one-day women's event, where you can do just that! This day is designed to bring together women of Messiah and guests for connection, relaxation, and some inspiration to try something new. Experience a Yogadevotion class that is tailored to all ages and abilities (no prior yoga experience required). Relax with a gentle chair massage for your neck and shoulders. Enjoy a delicious potluck salad bar lunch. Reflect on God's many blessings with an indoor prayer labyrinth. Create something new with a craft project that will help us spread kindness wherever we go. **It's time to relax and Renew U!**

For lunch, participants are asked to bring one ready-to-serve ingredient for the potluck salad bar (approx. 2-3 cups total). Ideas include: chopped hard boiled egg, sliced cucumber, grated carrots, sliced mushrooms, garbanzo beans, bacon crumbles, and croutons. *Salad greens, grilled chicken, and homemade dressings will be provided.*

Visit tinyurl.com/RenewU2024 to register, or complete the form below, by Sunday, September 29. The cost to Renew U is just \$20. For questions or help in signing up, contact Heather Felt at hfelt@messiahchurch.org.

scan here to register today!



 **Renew U**
Saturday, October 5 • 10 am-2 pm

To register, visit tinyurl.com/RenewU2024 and pay online OR complete this form, detach, and return to the Messiah Church office (attn: Heather Felt) with your check for \$20/person. Please make checks payable to Messiah Church, with "Renew U" written in the memo.

Name _____

Phone _____ Email _____