

In this exercise, we invite you to reflect on the different stations and experiences you've had today—whether it was relaxing in a massage chair, creating a sugar scrub, or enjoying a smoothie. Consider how each activity connects to a part of who you are: your creative side, your physical body, your appreciation for beauty, your ability to communicate and connect with others, and your social nature. As you do, remember that you are wonderfully made, reflecting God's multifaceted image, and each of these experiences can help you see how He delights in beauty, connection, and rest.





BODY

wisdom

A Women's Ministry Celebration

We're so glad you're here! Checkout the stations below and a way to reflect on your experience on the back.

Build Your Own Sugar Scrubs

Location: kitchen table

Lettuce & Literature

Location: dining room

Chair Massages *(by reservation)*

Location: lower level

Nail Station

Location: sun porch

Healthy Habits Talk *(6:30 & 7:30)*

Location: family room

Smoothie Demo & Samples *(6:15, 6:45, 7:15, 7:45)*

Location: kitchen island