



Wanda J. Barboza

Healing Touch Certified Practitioner,
Reiki Master,
Energy Medicine Practitioner,
Healing Touch Spiritual Ministry Practitioner
and, Nondenominational Ordained Minister

Wanda has practiced energy-based complementary therapies since 1995. In addition to a private practice in Limerick, Maine, Wanda teaches workshops & classes and facilitates retreats. Wanda specializes in helping individuals achieve spiritual balance as they empower themselves and transform their own lives. A primary focus is on healing the spirit and teaching self-care with emphasis on physical, mental, emotional and spiritual wholeness. Her education also includes A.A. and A.S. degrees. Wanda is a member of Healing Touch Professional Association and The Reiki Alliance. In the 1990's, Wanda was "called into healing." Her private practice and the events she teaches reflect this, and they are her ministry. Wanda is a nondenominational ordained minister who embraces the divine that crosses all boundaries and is unconditional.

Wanda J. Barboza
P.O. Box 405
Limerick, Maine 04048

"SPRING CLEANING"

(or, if only I had a magic wand.....)



One-day Retreat

for women of all ages

Saturday, March 19, 2011

Sponsored by
Portland Spiritualist Church
755 Main Street
Westbrook, ME 04092

.....a journey to wholeness.....

"Spring Cleaning" (or, if only I had a magic wand.....)



Sponsored by Portland Spiritualist Church, Westbrook, ME

Date: Saturday, March 19, 2011

(storm date is March 26)

Time: 8:45 am to 4:30 pm

Please arrive by 8:30. The retreat will start promptly at 8:45.

Facilitator: Wanda J. Barboza

Cost: Donations are requested for the facility and for the facilitator.

Location: Portland Spiritualist Church, Westbrook, ME (located inside "Mission Possible") (See Directions)

RSVP: Please RSVP by Friday, March 11, 2011. Seating is limited so early sign up is recommended.



Lunch: "Potluck." Please bring a favorite dish to share.

To RSVP, please contact either:

Faye Holmes

207-883-4013, fholmes165@gmail.com

or

Keli Stander

207-286-7540, kelistander@juno.com

"Spring Cleaning"

Don't let the phrase "Spring Cleaning" scare you. No mops, cleansers or sweat involved here. This retreat is intended to "cleanse" the soul and "brighten" the spirit as it "clears away clutter" by discussing, sharing, laughing, healing, dancing, singing, meditating and simply enjoying a time of women supporting women. March 20 is the Spring Equinox and April 24 is Easter, so this is the perfect time to spring clean and polish our "Being" as we celebrate this season of renewal, rebirth and rejuvenation. Spring is a time of new starts.....of new beginnings.

Let's celebrate spring together!

For your comfort, you may want to bring a shawl or afghan....and, if you like to sit on the floor, bring a cushion.

Special Invitation: This retreat is open to women of all ages. If you are young, invite an older woman to share this retreat with you. If you are an elder, invite a younger woman. Younger attendees should be mature enough to participate in adult level content.

Directions

Portland Spiritualist Church
755 Main Street
Westbrook, ME 04092

The Portland Spiritualist Church is located inside "Mission Possible" which used to be a Methodist Church and is now a teen center. Watch for the "Mission Possible" sign out front.

Going away from downtown Westbrook, Mission Possible is on the left side of Main Street just after the post office and before the intersection where Dunkin Donuts is located.

The entrance for the church space is on the side street (Foster Street), and it is handicapped accessible.

Parking is on the street, but is very limited on Foster Street.

If you would like to sponsor a one-day retreat in your area, contact:

Wanda Barboza

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