

Spiritual Practices Retreat will be Oct. 1

The Scott Mission Retreat Centre will be the scene of a Spiritual Practices Retreat Oct. 1.

This will be the fourth annual such event, sponsored by a group of United Churches in Caledon, Peel, Wellington and Dufferin.

The retreat will run from 9 a.m to 4 p.m., and there will be workshops in a number of areas, including Yoga, Praying with Scripture, Meditation, Drumming, Sacred Circle Dance, Walking Prayer and Photography.

The cost is \$50 per person, and participants should brown bag a lunch. Child care and refreshments will be provided.

For more information, or to register, email secretary@mayfieldunitedchurch.org or phone 905-843-1035.

The Scott Mission Retreat Centre is at 3852 The Grange Sideroad, just west of Heart Lake Road.