



## BEFORE THE WORKSHOP

- BY DEC 18<sup>TH</sup>, Complete the Spiritual Strengths Survey (SSF) by visiting the website: [healyourillness.com](http://healyourillness.com) (\$29.95 includes book and personal report—)
- Print the 20-Page Spiritual Strength Report, review it and bring with you to the workshop on Sat, January 9<sup>th</sup>, 2010 8:30-4:00 @ Christ Episcopal Church



## AFTER THE WORKSHOP

- Attend 7 week follow-up to complete your personal spiritual direction.
- Dr. Johnson will bring your personally tailored 7-week study

Contact: Cindra Anderson 501-1531  
[cindraanderson@cox.net](mailto:cindraanderson@cox.net) or Carol Lewis  
[CL2@LEWIS@cox.net](mailto:CL2@LEWIS@cox.net) 572-0967

**Must Register before December 18<sup>th</sup> 2009**



## “Discovering Your Spiritual Strengths” Workshop Saturday, January 9<sup>th</sup>, 2010

8:30 a.m. to 4:00 p.m.

Christ Episcopal Church  
18 W. Wright Street

*Presenter:*

**Dr. Richard P. Johnson PhD, CHC**  
**The Body, Mind and Spirit**  
**Academy of St. Louis, Missouri**

**A step by step plan to bring healing and/or spiritual deepening into your life.**

- Discover the authentic you, the 6 spiritual strengths that power your personality.
- Uncover the unique regressive forces (there are 12 of them) that block you from expressing the true you.
- Learn practical ways to offer your personal strengths to others.
- Discover new and deeper connections with the “divine presence” within you.
- Develop a new sense of personal meaning, utility, and significance in your world.

**Saturday, January 9<sup>th</sup>, 2010  
Registration Form  
Body, Mind, Spirit Workshop**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone No. \_\_\_\_\_

E-mail \_\_\_\_\_

Workshop Cost: Includes Lunch -  
\$20. (Scholarships available.)

Make Checks payable to: Christ  
Episcopal Church. Memo Body,  
Mind, Spirit Workshop Jan 9th

Send form and check to:  
Christ Episcopal Church  
Attn: Clergy Secretary  
18 W. Wright St.  
Pensacola, FL 32507  
Or call church 432-5115

**Contact:**  
Cindra Anderson 501-1531 or  
[cindraanderson@cox.net](mailto:cindraanderson@cox.net) or  
Carol Lewis [CL2LEWIS@cox.net](mailto:CL2LEWIS@cox.net) 572-0967

*A few words about the study: “Discovering Your Spiritual Strengths”* is a step-by-step plan to help people use their spiritual strengths and heal any unhealthy ways in which they sometimes view the things that happen to them and heal any unhealthy ways in which they react to difficult things and challenging people in their lives. By becoming more aware of one’s own unique strengths, one can use these God given strengths to overcome obstacles and learn new ways to live.

*Spiritual Strengths* are **not** the same as spiritual gifts such as: hospitality, administration, care-giving, leadership. Your spiritual strengths are unique to you and a gift from God

that has been shaped by your unique life experiences.

*At the workshop you will receive a copy of the book Discover Your Spiritual Strengths and your personal 7-week daily study notebook* based on the **Spiritual Strengths Finder (SSF)** for your personal healing program. The Workshop will be followed by a 7 week program which allows you an entirely new way of seeing your True Self.

You can come to the Workshop without taking the 7 week weekly group meetings but the benefits will not be as great as the Wkshop only scratches the surface. Time commitment for the 7 week study is minimum of 30 min per day, 6 days a week for 7 weeks on your own and 1 hour weekly grp. Mtg. TBA