

# Your Body's Grace



Join us, weekly, to discuss taking ownership of your body as a vehicle to better know the Divine, the Divine Mystery. To help you feel your body's needs. To discuss ideas to meet those needs. How do you nourish yourself, literally, with food; and how do you nourish your soul, your heart, your best humanity? What impediments stop you from nourishing yourself? We will explore solutions.

The name of the class, *Your Body's Grace*, is a play on an essay written by the Archbishop of Canterbury: Rowan Williams, *The Body's Grace*.

The class will be lead by Mary Farkas, M.S., M.A., a retired Registered Dietitian with 25 years service. Mary's website: <http://eldermuse.net> summarizes her nutrition advice, and nutrition public policy ideas. The [eldermuse.net](http://eldermuse.net) site is also a space which allows her to write about Love and Reason.

She believes that our body is the only vehicle, in this present life, by which we can know the Divine, the Divine Mystery, or Whatever, Whoever brings you closer to your purpose on earth, which is to Love. Pretty simple, yet intricately complex.

We can best give love to others by giving love to ourselves. By taking ownership, giving care to this vehicle which carries our heart, soul, mind, body, we can better serve others.

She hopes to raise consciousness about our bodies, and to inspire participants to care for themselves to enable them to care for others.

**Where:** Unitarian Universalist Church of Ventura, 5654 Ralston St., Ventura.

**When:** Weekly, each Thursday, 5:30 to 7:00 PM. Anyone who wishes to participate is welcome, on any given week. Group begins: January 21, 2010.

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(Mandala, above: Homage to Chagall. Artist: Paul Heussenstamm)



