



Mission and Ministry, Inc. - Come to the Table 4: Grantee Renewal Conference
September 24-26, 2017 - Hilton Clearwater Beach, Florida

RENEWAL ACTIVITIES

Sand Sculpting *(on the beach between Tommy's Tiki Hut and the water)*

MMI Board Member, F. Dale Whitten and his lovely assistant and wife, Linda, will lead you on the fine art of Sand Sculpting. Dale and Linda will give you the tools and knowledge to build the perfect sandcastle and so much more. For your comfort, pick up a towel at the beach desk.

Hibiscus Spa *(on lobby level)*

Visit Hibiscus Spa to sign up for activities to renewal your mind and body.

- **Microcurrent Facial** - A Microcurrent Facial improves skin tone, contour, and reduces wrinkles using LED therapy combined with powerful cosmeceuticals to deliver instant results.
- **Massage** - Enjoy a relaxing light to medium pressure with our signature massage. Therapists use steamed towels, a lavender chamomile hot herbal back pack and eye pillow to let you truly tune out the world and find peace within your spirit.
- **Foot Scrub and Rub** - Soak, exfoliate, massage and hydrate your tired feet.

Beach Walk *(meet on the lower level by parking lot)*

MMI Board Member, Sister Teresa George, will lead you to Pier 60 Park, located just past the Hilton parking lot. From there, enjoy a walk on the winding beachside promenade with lush landscaping, artistic touches and clear views to Clearwater's award-winning beach and the water beyond, a place where bicyclists, rollerbladers and pedestrians all have safe and convenient access. The half-mile paved promenade begins at Pier 60 Park and ends at the parking lot at the south beach area.

Guided Meditation/Reflection *(Salon A)*

The use of the imagination is key to grasping what lies beyond human understanding. Through guided meditation, the imagination provides images for the soul's expression. Find this time of rest and relaxation with God, free from concerns and responsibilities. Participate in a journey that will help you do this through deep rhythmic breathing and consideration of images that will challenge you to understand the significance of their presence in your life. MMI Board Member, Sister Ann Marie Butler, will guide you during this time of meditation and reflection.

Sister Ann Marie Butler, D.C. has been a teacher, principal, spiritual director and retreat director for a variety of groups of all ages from the very young to those who are

experiencing the wisdom and challenges of the elder years. She is the author of *Many and Beautiful Things: Small Group Spiritual Guidance*.

Yoga (Salon B)

MMI staff member, Leah Roll, leads a 30-minute basic yoga class offering gentle/restorative movements and breath work to relax and renew the mind, body and spirit. Yoga mats and/or towels will be available for your comfort.

Book Discussion (Salon C)

Join former MMI Board Member, Sister Mary Walz, in a candid discussion of *The Blue Sweater: Bridging the Gap Between Rich and Poor in an Interconnected World*. The 272 page Jacqueline Novogratz book is available as audio, paperback and e-reader formats at most book retailers ([Amazon](#), [Barnes and Noble](#), [Audible](#), etc.)

The Blue Sweater is the inspiring story of a woman who left a career in international banking to spend her life on a quest to understand global poverty and find powerful new ways of tackling it. It all started back home in Virginia, with the blue sweater, a gift that quickly became her prized possession—until the day she outgrew it and gave it away to Goodwill. Eleven years later in Africa, she spotted a young boy wearing that very sweater, with her name still on the tag inside. That the sweater had made its trek all the way to Rwanda was ample evidence, she thought, of how we are all connected, how our actions—and inaction—touch people every day across the globe, people we may never know or meet.

She shows, in ways both hilarious and heartbreaking, how traditional charity often fails, but how a new form of philanthropic investing called "patient capital" can help make people self-sufficient and can change millions of lives. More than just an autobiography or a how-to guide to addressing poverty, The Blue Sweater is a call to action that challenges us to grant dignity to the poor and to rethink our engagement with the world.

Unplugged Personal Renewal (on your own)

Relax, unplug and enjoy your time alone. Meditate, journal or stare at the waves - anything goes as long as you leave your phone, computer and other connections to the outside world unplugged for this hour.