



CELEBRATE SPRING! CELEBRATE LIFE!

Gentlepersons:

I would like to hold up several things about which I was amazed regarding F.R.E.S.H. in the recent past and alert you to some very enticing opportunities coming up for renewal & growth.

First we had a series on the steps at a location in St. Louis which drew a consistent group of people who gathered on three weekends to study and share on the steps.

Next the use of the center has been increasing and a variety of people are out here in Augusta enjoying the opportunities of life in the country, away from distractions in/of the city.

Lastly there are happenings which not only grabbed my attention, but immediately commanded my support. I commend them to you. The concept of 'a gentle lunch'; simplicity itself. A gathering of people who come together to celebrate life and to relate to others. Come when you can and enjoy a quiet pace. I'm reminded of the passage in Desiderata: "Beyond a wholesome discipline, be gentle on yourself. You have a right to be here, no less than the trees or the stars" just to be and to be there gently. Next

on the calendar is the June 10 Picnic, our traditional gathering in the early summer with food and fellowship plus two exciting speakers in Dan D. and Patty F.; friends to many. Finally, our Writer's Weekend with Karen Casey. A three-peat plus. Karen has been here each Fall for years and has a way of bringing out the best from our creative spirits. Something for everybody does not typify this listing. Each is worth your participation.

Enjoy your time on this journey and share it with others. We look forward to seeing you soon.

Dick

EVENTS & SPECIAL NOTES

This year FRESH's **Celebration of Life Spring Picnic** will be held on June 10th, a Sunday, from 10 am to 3 pm. This date is also AA's birthday. Come help us celebrate and bring a friend for half-price!

Featured speaker for the morning is *Patty Finley* and in the afternoon *Dan Duncan* will tell his story. Both talks will be about the personal spiritual journey which all of us are travelling - so come and identify yourself in these two powerful stories.

The day features our classic bratwurst and veggieburger lunch plus potato salad and beverages. We ask that you help fill that out by bringing a salad or dessert. This is FRESH's only fund-raising event and the suggested donation for the day is \$15.

As a side feature, we are planning to have artists selling their works and crafts, as well as drumming by the labyrinth. If you wish to participate in either of these features, please bring your drum or your wares.

If you have questions call Bernie at 636 482-4528. For directions to the Picnic, which will be located at the Center near Augusta, please visit our website at www.freshrenewal.org.





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EVENTS & SPECIAL NOTES (CONT.)

F.R.E.S.H. Renewal Center, Inc. is pleased to announce its hosting of *Becky Aulenbacher* for the “**Gentle Lunch**” at Mercy Center on May 12, 2007, from noon to 3 pm. As Dick mentioned in his description above, this event will simply help us collect ourselves and remember to savor the moments which life has to offer. In particular, it is a celebration of our own achievements and an opportunity to enjoy one another. We have all, after all, come such a long way. That needs to be recognized!

Becky will be presenting on the topic, “Spiritual Notebook”. A former FRESH Board member, Becky has a nurturing and inviting way about her, which makes for relaxation and receptivity. The event will include the opportunity for time in Mercy’s beautiful chapel and use of their large outdoor labyrinth. Requested donation is \$20 and reservations need to be made with Cheryl at 636 482-4548 by April 29th.



Ask about our gift certificates!

Throughout the year **the Center at Augusta is open to you and all spiritual seekers**, for personal retreat and for group activities and retreat. This chalet style home on 85 acres off the beaten path has hosted individuals and groups for 16 years now as part of FRESH Renewal Center. The charge for day use is \$25 per person; for overnight use, \$35. Call Bernie at 636 482-4528 for inquiries about availability and to make reservations.



If you have not visited **FRESH’s website**, you are missing out on a bit of renewal! Just looking at the pictures will make you feel better. Thanks to the talents of Board member, Noel Hwande, our online workshop with Karen Casey is now flowing smoothly, and is yours for the joining. To register, call Cheryl at 636 482-4548 and give your email address. \$25 is the fee for a year’s participation. We have added a recipe-sharing section and a book club type venue for those who wish to browse the members’ site and add further to our community’s enlightenment! It’s fun and keeps us connected in ways when we can’t see one another.



Fellowship
Renewing
Experience
Strength
Hope

Speaking of *Karen Casey*, her **Writers’ Workshop weekend** will be held this year on October 5 through 7. We anticipate creating the same style events, with full weekend residency, Saturday day commuter option and Saturday/Sunday commuter option. Those of you who have participated before know how powerful the full weekend option can be and are encouraged to get your reservations in now. Call Bernie at 636 482-4528 to let us know your wishes.

For those of you who have not yet attended, Karen will lead us in exploring our own lives, past and present. She is the author of many meditation books as well as a teacher of the Course in Miracles. Previously she has guided us to “Change our minds and our lives will follow” and in believing that “All we have is all we need”. Her work with groups is always empowering and satisfying like a good meal. Don’t miss it! More information will be available in the Fall Newsletter.