



## CLICK IF YOU LIKE KAREN CASEY!

FRESH will probably never be known for being on the cutting edge of technology, but we are glad to announce that this year's Karen Casey writing workshop will reflect another attempt to "play catch-up".

A restructured and reFRESHed website (set to go online towards the end of the summer) will feature, among other things, an online workshop section that will complement our annual Karen Casey weekend. In addition to the annual Karen Casey Writing Workshop to be held at FRESH this September, both attendees and non-attendees will be invited to participate in a year-long online course.

"This will be a wonderful addition, given that Karen herself has been thinking about hosting such a forum, and also because space has been limited at the workshops. Now, many more people will have the opportunity to participate and benefit from Karen Casey's vast knowledge and experience," said FRESH Board Member, Cheryl McKinley.

Participants of the online course will pay a registration fee of \$25.00 for year-long access to the course material, discussion board, blogging and feedback from Karen Casey.



For details on registration, please call Bernie at (636) 482-4528 or visit our website at [www.FreshRenewal.org](http://www.FreshRenewal.org).

## EVENTS & SPECIAL NOTES

**FRESH Renewal Center continues to celebrate its 15 year anniversary** of hosting 12-Step spiritual renewal in the St. Louis area.

On Saturday, August 19th, FRESH Renewal Center, Inc. will feature a day of spiritual renewal in St. Louis. Steps 4 through 9 will be featured: *"The Muddle in the Middle"*, presented by Dick and Cheryl McKinley.

Based on the 12-Step spiritual program, the series continues with this community day of discovery and self-exploration. In a workshop format, participants will have the opportunity to share their own ideas, to journal, to walk and talk with others, and to enjoy lunch. The Faith and Des Peres Presbyterian Church at 11155 Clayton Road will host our group from 9:00 am to 3:30 pm. All are welcome.

Price for the day is \$25. Please register by calling (636) 482-4548. Those requesting scholarship are welcome, as always.

For those planning ahead, the final Steps in the series will be presented on Nov. 11th, same time and location.



**We are grateful** to the many volunteers and participants who made the Spring Picnic such a high-energy event! We were thrilled to have Jack Sisk of the Living Insights Center and John MacEnulty sharing their musical talents and storytelling. The hills at Augusta are still alive with the reverberations of crystal bowls, flutes and drums. The labyrinth, which is such a source of renewal to us seekers, has itself been renewed with fresh rocks and memorial stones.

View scenes and video clips of our Picnic at our website: [www.FreshRenewal.org](http://www.FreshRenewal.org)



FRESH RENEWAL CENTER, INC.

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www.freshrenewal.org



Ask about our gift certificates!

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Experience  
Strength  
Hope

**Karen Casey Weekend - Sept. 22 to 24, 2006**

NOW is the time to register for Karen Casey’s writing workshop, which will be held the weekend of Sept. 22 to 24. The theme for this year is: “From Family of Origin to Family of Choice”. Those who have attended in previous years know what a nurturing person Karen is, and how exciting and in-depth this whole experience has been.

For those wanting to participate in the entire live-in event, there are still 5 beds available, for the price of \$110. This includes 2 overnights, 2 breakfasts, lunch and snacks.

You may also participate fully as a commuter, from Friday’s lakeside bonfire through Sunday noon, for the Commuter rate of \$60.

Those wishing to attend during Saturday-only can register for \$40, which includes lunch and snacks.

Saturday evening dinner is open to all and will be self-pay at a local Augusta restaurant. Due to limited space and attention concerns, the TOTAL number of participants will be limited to 25.

To register please contact Becky at (636) 239-6261 or Jackie at (636) 240-0835. Scholarships are available.



**The Renewal Center has been hosting many individuals and groups all year** - some new and some old friends. I am constantly amazed at the number of people who come to receive programs or with an agenda of things they WANT to accomplish, and walk away with quiet healing, or a sense of family, or surprise at getting what they NEEDED.

I personally wish to serve this mission of renewal. On behalf of the board of directors, I invite you to come be a part of this resource which is a community, a location, and an experience.

**STEP REGISTRATION FORM**

**Join Dick and Cheryl McKinley in celebrating 15 years of 12-Step Renewal**

Steps four through nine: “The Muddle in the Middle”.

**Saturday, August 19th** at The Faith and Des Peres Presbyterian Church at 11155 Clayton Road will host our group from 9:00 am to 3:30 pm. Cost is \$25.00. All are welcome.



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Lunch: veg. sand. \_\_\_\_\_ turkey sand \_\_\_\_\_ chick. caeser salad \_\_\_\_\_

Mail to **FRESH Renewal Center, P.O. Box 219, Augusta, MO 63332.**  
Call (636) 482-4548 for info. or for scholarship.