

NATIONAL CAPITAL PRESBYTERY

PRESBYTERIAN WOMEN

# Fall Gathering

Please Join Us!

During these challenging times, we need more than ever to focus on our Health, Healing and Wellness. We will discuss tips and techniques to find strength, renew our energies and center our spirits. Rev. Whitney Fauntleroy will guide our discussion Reflecting on the Intersection of Reparations and Reconciliation followed by a presentation on Mindfulness and Spiritual Self-Care by Kay Sidahmed.

Save the Date!

**October 3, 2020**

Our gathering will be held virtually via Zoom. We invite you to enter the gathering by 9:50am and our program will start promptly at 10:00AM

Please register [HERE](#) to receive Zoom meeting details or call June Eakin (301)-873-4794

## PROGRAM HIGHLIGHTS

**Mindful Movement and Meditation**

**Live Music**



Visit our website [HERE](#)!