



# Presbyterian Women

PW GATHERING March 18

**“Mind, Body and Spirit  
An Integrated Approach to  
Health”**



**10:30 a.m. - Punch and Fellowship**

**11:00 a.m.- Program**

**12:00 noon - Luncheon - \$6**

**Presented by Ellen Van Arsdale, Faith Community Nurse, Desert Palms Presbyterian Church and Kathy Anderson, Parish Nurse, Faith Presbyterian Church.**

As United States citizens, we all know a considerable amount about our more Western focused health care measures. What we may know less about are the Integrative Health measures that are gaining in popularity and in reputation related to a more holistic approach to health and wellness. In this time together, we will begin to explore some of these measures and will demonstrate how they can be woven into a care package that may do a better job of supporting mind, body and spirit in promotion of health. You will leave knowing more about such measures as acupuncture, Reiki and other Healing Touch measures, Tai Chi, Naturopathic Medicine, Sign Chi Do, and other measures to promote wellness and well-being. Please come with a willingness to share experiences, ask questions and approach this topic with an openness of heart and mind.

**Faith Church Nurses will be recognized and honored**



**Dramatic Skit:**  
**“Jonah & the Whale Talk it Over”**  
(written by Betty Leeke).



**Book Review:** Kathy DeBeer will review  
**“Still Alice”** by Lisa Genova

**Celebrate the Gifts of Women**

**Honorary Life Membership**

**Award Recipient, Sally Siekmann**



**An Honorary Life  
Membership  
Certificate and Pin**

was presented to Sally Siekmann at the  
February 18, PW Gathering.

A life membership is given for outstanding service and leadership in the church.

The pin shows caring, supportive hands which represent women who seek to build an inclusive community of Presbyterian Women. The leaf represents growth of our corporate response to Jesus Christ as we nurture our faith. The dove indicates our work for peace in our own lives and throughout the world, shown in the globe. At the center of the design is the cross, by which our sins are forgiven and we are freed to live in Christ, who is the center of our lives. The overall design is that of a butterfly, symbol of newness in Christ and the emergence of a new creation, Presbyterian Women.