

# **GODLY SELF-CARE: THE VOCATION TO BE WHOLE AND HOLY IN BODY, MIND, AND SPIRIT**

## **THE 2012 DAWE LECTURE**

**Date:** March 6, 2012, 7:30 – 9:30 p.m.

**Leader:** Mary Ann DeTrana, a lay leader in the Orthodox tradition, whose study and interactive lecture focuses on promoting physical and emotional well-being

**Event location:** Lake Chapel, Union Presbyterian Seminary, Richmond campus

**Registration:** This lecture is free and open to all

**For:** Church educators, leaders, clergy, seminary students, faculty, and staff, members of the local community

**The Dawe Lecture** series is funded through The Donald and Nancy Dawe Fund for Emotional and Ethical Growth. The Fund was established thanks to a generous gift from Dr. Coleman Longan honoring Donald and Nancy Dawe. Dr. Dawe is a professor emeritus of Union Presbyterian Seminary.

The lecture series, which is held annually at Union Presbyterian Seminary, pays tribute to Dr. and Mrs. Dawe and promotes ethical and religious understanding. Because of Professor Dawe's long-standing interest and commitments in the area of multi-religious and multi-cultural understanding and interfaith dialogue, this lecture series seeks to contribute to deepened awareness and insight in these areas of intellectual and especially practical religious concern.

**This lecture is free and open to the public; registration is not needed.**

**Mary Ann DeTrana** freelance writer and lecturer, has been engaged for 30 years in church life with special emphasis on ecumenism, contemporary culture and role of the laity. Serving for 15 years as Book Review Editor for The Orthodox Church, the principal publication of The Orthodox Church in America, she also has extensive experience presenting lectures, workshops and retreats to diverse groups throughout the U.S. and the U.K. Mary Ann holds a B.A. from Dominican University, Chicago, and an M.A. in theology from Durham University, England; she is a Feldenkrais Practitioner and Bones For Life teacher. Founder of Healing Sabbath, a residential respite program in Richmond providing opportunity for individuals to stop, rest and renew, she also has a private Feldenkrais practice and is a volunteer teacher at the Shepherd's Center of Richmond.



Ms. DeTrana's lecture will be:

**Godly Self Care:  
The Vocation to Be Whole and Holy in Body, Mind and Spirit**

**This presentation explores possibilities of learning to live more gently and easily in an overly busy life, or, put another way, to respond to God's invitation to be whole and holy. Through scripture, icons, discussion and a gentle relaxation exercise, participants will experience increased awareness of how they are living and ways they might change.**