

Soul Café: Refreshment for the soul

Come be refreshed at the Soul Café.

Sign up for a mentor at the registration Desk. Or text 902-830-5929 Cheryl Ann

- **Mind, Body and soul are in need of refreshment.** In our busy hectic lives we long for the oasis of spiritual nourishment; those green pastures and refreshing streams of Psalm 23.
- **Have you ever wanted to have a refreshing spiritual conversation?** A conversation where you can share what is on your heart with a spiritual mentor who will listen, not only to your words, but to your heart and soul and most importantly to God for you?
- **An environment** where you can share about personal or ministry related topics and conversations are confidential.
- It is often in the environment of a **refreshing spiritual conversation** and relationship that we can find such spiritual refreshment.

Soul Café

- **Soul Café** is a **new experience** in spiritual refreshment and formation at Oasis 2012.
- **Soul Café** is also a **place**, one main room with refreshments where you can find a quiet spot to meditate, read up on spiritual formation, learn a spiritual discipline or have a spiritual conversation with others. There are also a few smaller break off rooms for one on one conversations with a spiritual mentor.
- **Soul Café** is an **opportunity to have spiritual conversations**, to nourish your spirit. It is an opportunity to sit down with a spiritual mentor in the presence of God. It is an intentional three way conversation. It can also be a small group of 2 or 3 people and a mentor.
- **Soul Café** is an **opportunity to share your heart**, ideas and thoughts with a spiritual mentor who is present with you to listen for what the Holy Spirit is saying through you and to you.
- **Soul café** is an **informal brief invitation** to a spiritually refreshing experience. It is usually a 30-40 minute time period.

Spiritual Mentor

- A **spiritual mentor** is someone who has **spiritual ears listening** for God's word and Spirit for you.
- A **spiritual mentor** helps us to become more aware of God's presence in our lives and the quality of our relationship with God.

- **Spiritual mentors** don't tell you what to do. **They help you listen to God** for direction.

Mentoring Process

- It often **opens and ends with prayer**. We begin by asking God: What to explore? What to focus on? And for the Holy Spirit's guidance. We continue with conversation and silence as the Spirit leads.
- The **spiritual mentor facilitates the conversation** with questions and comments that help you to explore deeper.
- **Spiritual Mentors for Oasis 2012:** Dr. Bob Berry, Rev. Marlene Knowles, Rev. Cheryl Ann Beals,, Rev. Shawn Kehoe, Rev. Tracey Grosse

Your Invitation

- Come be refreshed at the Soul Café.
- Sign up for a mentor at Registration. Text **902-830-5929** Cheryl Ann or visit Soul Café located _____.
- **You can also pre-register and reserve a spot before Oasis by emailing carbeals@yahoo.ca**

Hours

- **Begins Wednesday afternoon 3pm-4:30pm**, & after the Evening Speaker (**8:45pm – 10pm**).
- **Open Thursday to Friday. Afternoon (1pm - 4:30pm)** & after the Evening Speaker (**8:45pm – 10pm**).