

Dear Friends,

Thanks for asking about our Spiritual Spa: Extreme Makeover for the Soul. I have spoken at a number of similar events in the US and Canada and put all the best together to comprise the one at our parish this Lent. It is a day that is fast moving and full of power-packed talks with a number of fun activities in between. The ladies laugh through the 'Detoxing Your Speech' talk when they see themselves in the light, then after my song "These are a Few of My Favorite Sins" they most often make a real good confession and a challenging business plan for their souls.

**SPIRITUAL SPA TALKS CAN INCLUDE 3 OR 4 OF THESE THAT MOST SUIT YOUR GROUPS NEEDS & DEPENDING ON TIME:**

- FaithLift
- The 4 Heart Healthy Habits for Holiness
- Detoxifying Your Speech - 30 Days to a Tamer Tongue!
- God's Loving Plan for You
- Becoming One with the Creator, Not the Created: Catholic Meditation 'How to'
- Destination, Heaven!
- Business Plan for your Soul
- Spiritual Liposuction? Why, What, How, Where?
- Lent, a time for an Extreme Makeover
- What Women Want: Respect
- The 4 Levels of Happiness
- The Beauty of Your Temperament
- The Doctor Is In Person: Questions & Answers on Faith and Life

*[If being given to an already existing group such as a parish council, parish staff or all the CCD teachers or Catholic school staff,, I also offer talks called*  
- Kindness in the Workplace and  
- Working as the Body of Christ *for* the Body of Christ: The Temperaments]

At our parish event, throughout the day, I spread out into four parts the talk of the "4 Levels of Happiness" instead of making it one talk, and would give examples of them between talks. We would also stop and 'massage' our necks or hands. Lunch was a relaxing hour with prizes given out during the end. There were also table discussion questions for the small groups to discuss. We had our pastor give the final talk of the day since he is a great speaker. In the following two years, we ended with a table activity group poster/advertising project that has been a huge success for the ladies, both fun, and a good way to process and share the information of the day. One year we did it on the 'Dignity of Women' (PJII document) and the next year on "The Virtues"

We also had a 10 minute time to introduce any parish groups, Bible studies, Adoration times, local Movements or Third Orders, and let people know what is available for follow

up. The groups were asked to submit a description beforehand, and I (or the MC could) read about them while their representative stood up. This takes only about 10 minutes, but they have the written handout with contact information.

Committee: At our parish we had 2-6 women on **each** of the following committees: Registration, Food, Decorations & Table Settings, Promotions, Programming & MC, Music and Prayer, Confessions and Sacristans, Clean up, and the resource table we call “The Well Table” of pamphlets and books that would educate or inspire women. We ended up with a work committee of 35 parish women, so no one was overworked.

Promotions were the key, as always. Our promotions team sent representatives to every small group in the parish – choir, staff, CCD teachers, etc and personally invited as many as they could. We had a popular woman speak at all the Masses one Sunday (I have the 2 minute speech for you if needed.) We sold tickets at all the Masses. We advertised in local papers and on local TV in hopes of bringing lost Catholics back home. We put it in the bulletins of the 6 surrounding parishes and sent the flier to local Catholic schools.

Prizes: The table decoration committee also solicited the prizes to give away between talks. These came from local beauty salons and salespersons of candles, makeup, lotions, kitchen and home items, etc. We also got donations of Catholic books, bibles, rosaries, etc to give away. We had 4 volunteers bring in their chair massage machines, and some of the prizes (for having a rosary in your purse) were a 5 minute coupon to sit in the massage chair. Two other places I have done them included a real massage therapist doing chair massages at lunchtime and group project time. We interspersed the talks with contest questions such as ‘Who can name the 5 Luminous Mysteries’ or “Who has a diaper in their purse”, to give away some of the smaller prizes like chocolate bars.

You will need a priest for Mass (and hopefully Benediction) and 3 or more priests for confessions. I have done this for groups as small as 25 ladies, and one for as large as 1300. Our parish event was 154 ladies, just the right size for our parish hall. We charged \$20 per person, but we had a lot of underwriting done and our 2 meals totaled \$10 per person attending. More often it costs \$40. At \$40 per person with 100 ladies attending, your budget is \$4000 or you can spend more if you have sponsors underwriting or advertising. My fee for the day is \$2000. plus travel expenses. If you want to make it a mother-daughter event, my 30 year old daughter can help me with some of the talks and that would cost another \$300. plus her travel expenses.

We have some handouts that can be duplicated, or you can make up your own. They could include notes from some of the talks, songs for Mass, outline of the day, how to go to confession & a conscience exam, some follow up books to help and thank-yous for the sponsors. If you need, I can send a format ahead of time or just send the pages for your ladies to format. They can then be put into folders or bags ahead of time.

The day can last from 8 or 8:30 AM – 3:30 or 4PM or as needed, including registration, Mass, two meals, group table project, three or four talks, and some ‘fun time’ in between with the MC, games, prizes, breaks, etc.

Each lady's place setting also had a 'retreat survival kit'

Which can include and or all of the following items listed on the front of the bag:

A Toothpick: To "pick out" the good qualities in everyone. Matthew 7:1

Rubber Band: For flexibility! Romans 8:28

A Mint: you're worth a mint to your heavenly Father. John 3:16-17

Band-Aid: For healing hurt feelings; your or someone else's. Col 3:12-14

Pencil: list your blessings everyday. (Eph 1:3)

Erasor: Everyone makes mistakes and that's ok. Gen 50:15-21

A button: If you can't say something nice, it's better to "button your lip".

Lifesavers: Sometimes we all need a little help.

Chocolate Kiss: Everyone needs a kiss or hug every day. 1 John 4:7

Cotton Ball: To cushion the rough roads.

Paper Clip: To keep everything together.

A Star: To reflect your inner beauty

That's probably more information than you wanted, but you can have it all! I will attach the flier we used and a photo essay from an event.

If you are interested, there is a form on our website to submit for speaking requests and dates. Just list "Spiritual Spa" as the topic.

Thanks,

Coleen Kelly Mast

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