



# HEART & SOUL

## Bound together through a WoW experience

*....'Let us recognize that there are ties between us  
All men and women living on the Earth  
Ties of hope and love  
Sister and brotherhood  
That we are bound together  
In our desire to see the world become  
A place in which our children can grow free and strong  
We are bound together by the task that stands before us  
And the road that lies ahead  
We are bound and we are bound  
There is a feeling like the clenching of a fist  
There is a hunger in the centre of the chest  
There is a passage through the darkness and the mist  
And though the body sleeps the heart will never rest'....*

These profound words are taken from a song by the famous singer songwriter James Taylor. Words shared to help shape a generation towards a better world. A world that dreamed big and demanded walls be broken down, that divides of race, colour and creed be bridged by love, tolerance and acceptance that every person is a person of worth, that we are indeed bound together.

As I came away from the recent WoW experience held over two Saturdays recently, the message from our scriptures rang out for me most profoundly. Excerpts of Section 163 Doctrine and Covenants read - *The restoring of persons to healthy or righteous relationships with God, others, themselves, and the earth is at the heart of the purpose of your journey as a people of faith. For in others welfare resides your welfare.*

We are indeed bound together. Through my experience of WoW (Wholeness and Wellness weekends), I felt more bound to my faith community, the wider community and the world as we came together from all over the world to hear quality, experienced and eloquent presenters share their talents focusing on "Heart and Soul".

Over a third of the people gathered to experience WoW are now friends of the church.

*Robert Thompson*

# Here are some of the comments from the weekend:

"A phenomenal session! What a fabulous start to the conference. Bless you and your work."

"I felt really moved the entire time, and I'm not sure why, but I was."

"Thanks for giving us the chance to reflect, pause, remember, and project the future. Lovely moments."

"Never met you before, but I'm loving you people."

"What a blessing WOW has been to so many people over the years".

"Thank you so much for putting on this event. Looking at the heart and soul from so many different angles has been a very wholesome experience. I'm looking forward to hearing more next week. Blessings to all involve and all who put in so much time and effort to prepare for this."

"With a grateful heart I thank each one today".

"Thank you again for inviting me to being part of the wonderful workshops. I really enjoyed learning, listening and reflecting."

"Beautiful event. Got a lot out of it! Thank you for putting it on!"

"What an amazing workshop you and your friends/colleagues/ spiritual fellows have organised. I am so glad I allocated time to attend. I learnt a lot from today's speakers, but the presentations also made me think about and reflect on things I usually don't spend much time on (or think I don't have time for). I enjoyed every session."

"Thank you again for inviting me to this wonderful program. I can see how much effort went into preparing it. I am very grateful to all the speaker for their time, generosity with their knowledge and wisdom."

"I really enjoyed participating in and listening to the other sessions and all of them gave me many insights and take-aways that will stay with me."

## Thanks to the presenters and organisers

Anne Bonnefin  
Marshall Leaver  
Glenda McDonald  
Julie Anne Mitchell  
Kari Sutton  
Lara Stewart  
Robert Thompson

