

Peace I leave you; my peace I give you.

John 14:27



Gift yourself with time for YOU on a day of retreat!

Judy Ribar, Associate Director of Retreats at

Mount St Francis will facilitate our day together. She has 20 years' experience leading day and weekend retreats for women and teens. The day will include presentations and opportunities for art, meditation, adoration, yoga, journaling, prayer, and fellowship.

Lunch and a light continental breakfast are included in the registration fee.

St. Francis Xavier Women's Retreat

February 19, 2022

9:00 am – 3:00 pm

Check-in 8:45 am in Parish Hall

\$30.00 per person

Please bring: a reusable water bottle and a towel, or yoga mat if you would like to participate in a yoga session.

For more info contact:

Paula Silliman

502-538-4933 ext. 22

St. Francis Xavier Church
155 Stringer Lane Mt. Washington, KY

6 hours of catechist credit available in Spiritual Formation

RSVP by February 5, 2022

Name:

Phone Number:

Address:

Cash *Check* *Catechist Credit Requested*

Restore

*your
energy
after the
holidays*

Renew

*your spirit
and faith
with
fellowship*

Rest

*in the peace
and
presence of
a loving
God.*