



Ministry of Mothers Sharing
invites you to give yourself
time to reflect on:

Transitions: A Time of Grace

a three-hour retreat designed just for you.

During this retreat you will:

- Learn how change is an external growth process and transition an internal one
- Develop an awareness of God's grace and presence in transitions
- Honor the time and energy necessary for a healthy transition
- Reflect on transition as an ongoing part of the spiritual journey
- Receive your own *Transitions Personal Journal* for reference and reflection

Sunday, January 22nd

1pm -4pm

Cost: \$ 15.00

Scholarships Available

For women of all ages and stages of spiritual growth.

*(Not recommended for someone who has very recently
divorced or experienced the death of a loved one)*

Pre-registration is helpful

To register or for more information call:

Joy Biedrzycki

612-824-3455 ext. 511 or jbiedrzycki@olpmn.org

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Registration form for *Transitions: A Time of Grace Retreat* on (Retreat Date)

Name _____

Phone (_____) _____ E-mail _____

Address _____ City _____ Zip _____

Cash enclosed Check enclosed Make check payable to (*Name of Parish*)

Send registration fee and this form to: Joy Biedrzycki
Our Lady of Peace
5426 12th Ave S
Minneapolis, MN 55106