

# ***Care for You: Compassion: Caring for Me***

*A time of reflection, rest, and spiritual renewal*

Paula Hagen, OSB will lead the retreat process

Sr. Paula is retreat director and co-founder of

*Ministry of Mothers Sharing*



This retreat is co-sponsored by *Ministry of Mothers Sharing*,  
Women's Ministry and Parish Nursing Ministry of Our Lady of Mercy

*This retreat is for all Christian women. We are all caregivers...  
of children and grandchildren at any age  
of aging parents or neighbors or friends who need us.*

**ALL WOMEN OF THE PARISH ARE INVITED.**

*(Invite a special woman in your life to share the day with you)*

Caregivers can become overwhelmed trying to balance their life and care-giving demands,  
sometimes resulting in the denial and then neglect of their own well-being.  
Refresh both body and spirit and learn ways of taking care of your true self.

**Our Lady of Mercy**

**Parish Life Center**

**Saturday, February 4, 2012**

**8:30am to 2:00pm**

**Cost: \$20.00**

**(Scholarships are available)**

*(Includes: continental breakfast, lunch, drinks, prayer rituals, handouts)*

For questions contact: Jolene LeRoy at 630-851-3444, ext. 403 or at [jolenel@olmercy.com](mailto:jolenel@olmercy.com)

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Name \_\_\_\_\_ Parish \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_ cell phone \_\_\_\_\_

**Checks payable to: Our Lady of Mercy**

**Please send registration by 1/30/12 to:** Our Lady of Mercy  
701 S. Eola Road  
Aurora, IL 60504