



Hope: Staying Calm When Chaos Reigns

A Day of Retreat and Spiritual Renewal

To be held at: St. Stephen Catholic Community
575 Tuskawilla Road ~ Winter Springs, FL 32708

Join us as we experience the grace of hope!

You will...

- Learn a process for dealing with fear and anxiety during a time of chaos/crisis.
- Explore healthy ways and resources to deal with fear in a hopeful life giving way.
- Open your heart and mind to grace through prayer rituals.
- Take time for silence and reflection on the true meaning of hope.

Retreat Director Sr. Paula Hagen, OSB, is from St. Paul's Monastery in St. Paul, MN. She is a Parish Family Ministry Consultant and Retreat Director who has developed parish family ministry programs for 30 years. She is the co-founder of *Ministry of Mothers Sharing*.

Who: ALL women are welcome, including those from other parishes
When: Saturday, February 11, 2012 ~from 8:30 a.m. until 5:00 p.m.
~We will complete our day by attending Mass at 5:00 p.m. ~
Cost: \$35.00 per person*
Includes: Continental breakfast, lunch and retreat materials
Bring a friend for a special rate: \$30.00
*There are a limited number of scholarships available.

Contact: Jackie Valbuena at 407-325-9914 or Miriam Suarez at 407-696-8807
St.Stephen.MinistryofMothers@gmail.com

Hope: Staying Calm When Chaos Reigns ~~ Registration Form

Name _____ Parish _____
Address _____ City _____ Zip _____
Phone _____ Email _____

Make check payable to: St. Stephen Catholic Community