



Ministry of Mothers Sharing
invites you to give yourself a treat...

Emptying Your Cup: Finding Peace through Letting Go

This three hour retreat is designed to provide you with sacred time and space for quiet reflection, prayer rituals and discussion on what we need to let go of in our lives so we have room to “fill our cup” with God’s unconditional love. You will receive:

- A prayerful time to reflect on how you fill your cup
- A ritual to empty your cup of unnecessary ‘internal clutter’
- Time to fill your cup with God’s unconditional love and healing
- Your own *Emptying Your Cup Personal Journal* to continue the process

Please bring your favorite mug or coffee cup from home for the prayer rituals.

Mother Mary of the Church

3333 Cliff Rd. Burnsville, MN 55337 The Fireside Room

January 28th - 9:00am – 12:00pm

Cost: \$15 (Includes personal journal and refreshments)

Childcare will be provided

For women of all ages and stages of spiritual growth.

Pre-registration is required for seating and number of *Personal Journals*.

For more information contact:

Missy Sujeeth 314-583-3193 msujeeth@hotmail.com

Becky Anderson 952-469-3867 andersons5@frontiernet.com

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Registration form for *Emptying Your Cup Finding Peace through Letting Go Retreat* on January 28th

Name _____ Childcare? Y N How many? _____

Phone (_____) _____ E-mail _____

Address _____ City _____ Zip _____

Cash enclosed Check enclosed

Send registration fee and this form to:

Mary, Mother of the Church
3333 Cliff Road
Burnsville, MN 55337