



# *In God's Hands*

## **Goals:**

- Experience an environment in which we can learn to use our voices.
- Use a healthy tool for processing life's challenges.
- Learn to grow spiritually in challenging situations.
- Reflect on a new way to ask and listen for God's grace.

*Ministry of Mothers Sharing*

*An outreach ministry of the Sisters of St. Benedict of St. Paul's Monastery*