



On the Journey Retreat Series

Three-hour retreats designed to be provided by three experienced facilitators for a small group of 10 - 20 women in your parish. Provide sacred time and space with easy to use Facilitator Guides and Journals.

Choice-making - Help women reflect on the steps involved in making adult choices and discerning between the distractions and healthy, Christ-centered choices in our lives.

Emptying Your Cup: Finding Peace through Letting Go - Quiet reflection, prayer rituals, and discussion on what and how we need to 'let go' in our lives to have room to 'fill our cup' with God's unconditional love.

In God's Hands - Experience a reflective environment in which women can explore a healthy tool for processing life's challenges and learn to grow spiritually in challenging situations.

Listening with the Ear of Your Heart - Develop an attitude of listening as a skill to be relished, a gift and a grace from God who is ever present. Participate in reflective listening to others.

✂-----✂
 Today's Date _____ Date Needed _____

I am: Staff Liaison Coordinator of MOMS Facilitator Participant Other _____

Name _____ Church/Organization _____

Address _____ Diocese _____

City _____ Phone number (____) _____

State _____ Zip Code _____ E-mail address _____

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	<u>Quantity</u>		<u>Price</u>		<u>Total</u>
<i>Choice-making Facilitator's Guide</i>	_____	X	\$ 20.00	=	_____
<i>Choice-making Personal Journal</i>	_____	X	\$ 8.00	=	_____
<i>Emptying Your Cup: Finding Peace through Letting Go Facilitator's Guide</i>	_____	X	\$ 20.00	=	_____
<i>Emptying Your Cup: Finding Peace through Letting Go Personal Journal</i>	_____	X	\$ 8.00	=	_____
<i>In God's Hands Facilitator's Guide</i>	_____	X	\$ 20.00	=	_____
<i>In God's Hands Personal Journal</i>	_____	X	\$ 8.00	=	_____
<i>Listening with the Ear of Your Heart Facilitator's Guide</i>	_____	X	\$ 20.00	=	_____
<i>Listening with the Ear of Your Heart Personal Journal</i>	_____	X	\$ 8.00	=	_____

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