



Peace in the Pines

Blessed Trinity Shrine Retreat presents

Day of Discovery

Living Abundantly: Reducing Stress and Living Well

Wednesday, October 20, 2021

9:30 am – 3:00 pm EST

Fee: \$25.00 (Lunch is included)

Description: Jesus said: "I came so that they might have life and have it more abundantly." (Jn. 10:10) We will use five components of being human: the physical, intellectual, emotional, spiritual, and social dimensions. Then, various wellness techniques will be suggested for each component. Time will be given to the retreatant to explore the positive ways that wellness is being maintained and to reflect upon any changes desired. Please dress in comfortable clothes that permit some gentle and easy exercises. PowerPoint will be used, and handouts will be provided.

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REGISTRATION FORM

Please reserve a place for me on the following retreat:

Name of Retreat: _____

My Name: _____ (Circle One) M F

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Emergency Contact: _____ Phone: _____

Medically Necessary Diet Needs: _____ Deposit Enclosed: \$ _____

Please make checks payable to: MSBT | 107 Holy Trinity Road | Ft. Mitchell, AL 36856



Presenter: Father Mike Kerin is the pastor of Holy Family Catholic Church in Blakely, GA and St. Luke Catholic Church in Cuthbert, GA. He is a member of the Glenmary Home Missioners and has studied spirituality, psychology, and missiology for many years. He has trained as an instructor in Tai Chi, Chi Kung (Qigong), and Yoga.



For more information, please contact: Sr. Gail Lambert, MSBT, sponsored retreat coordinator.

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