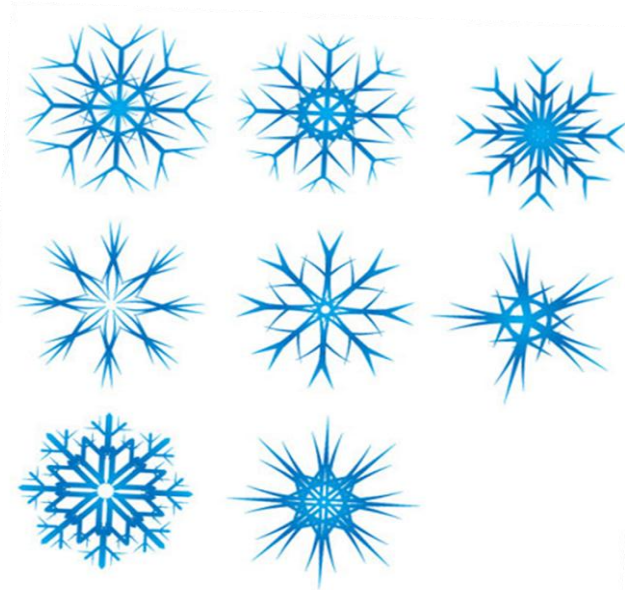


Spiritual Health for a New Year



What will we do?

Learn about the cornerstones of our spiritual health - Eucharist, Scripture, Prayer, and Community

Participate in a variety of prayer experiences designed to refresh your spirit and provide tools to enrich your spiritual journey throughout the coming year.

Experience physical, mental, emotional and spiritual benefits as you pray using movement, music, guided meditation, journaling and Lectio Divina.

Basic movements will be taught which can be done by anyone, regardless of age, experience or physical limitation.

Saturday, January 19, 2019

At the Parish Center

9:00 am – 2:00 pm

Presenter: Janene Ternes

COST: \$20.00 per person

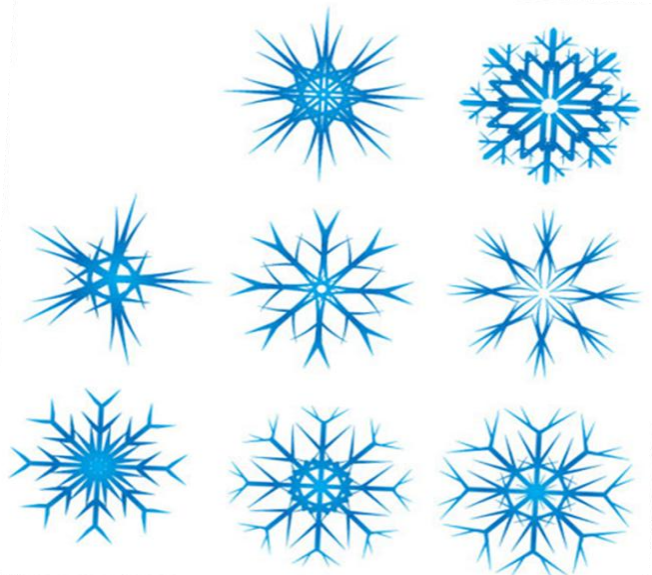
Morning Hospitality and Lunch included.

Register one of these three ways:

at www.stjos.com/misc-adult-formation.html

Call the Parish Office at 734-426-8483

In the Gathering Space on the Boards



Janene Ternes is a Spiritual Director and founder of Prayer in Motion, LLC. She has developed and facilitated retreats throughout the Midwest utilizing different forms of prayer. Janene's mission is to help others grow in their relationship with God, leading to a more loving, peaceful, joyful and fulfilled life. For more information visit www.prayer-in-motion.com