



Come Aside and Rest Awhile: A Day of Self-Renewal

*“In quietness and trust
is your strength.”*

Isaiah 30:15

Saturday, November 20, 2010

Come to St. Anthony's for a day of rest and renewal. Activities include: Spiritual Direction (Fr. Tom Zelinski and Mary Testin), “Dance of the Spirit Meditation (Rita Simon), Breath

Meditation (Doris Link-Schreiber), and *Chair Massage (Michele Schneider and Lisa Bennett). There will also be a self-directed activity on Body/Mind Health available. Participate in as many activities as you wish or just come and relax in the quiet comfort of St. Anthony's. A room and noon meal will be provided for you. Guests will meet at the beginning and end of the day. *Please note that there will be an additional \$10.00 fee for chair massage which is paid directly to the therapists.

Begins at 9:00 a.m. and concludes at 3:00 p.m.

Noon Meal is included in the day

Offering: \$40.00

RESERVATIONS:

St. Anthony Spirituality Center

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