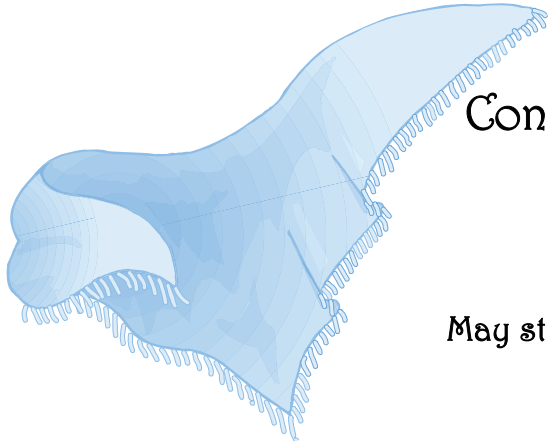
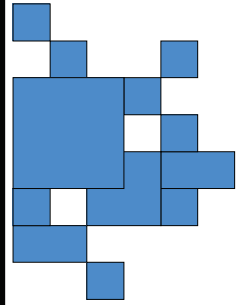


# Prayer Shawl Retreat

"From Contemplation To Consolation"

*December 10-11, 2010*



Presented by

Connie Sprague and Tammy Barthels

Begins with 7:00 p.m. supper Friday and  
concludes Saturday at 4:30 p.m.

Offering: \$95.00.

May stay overnight Saturday and Sunday breakfast.

Offering: \$135.00.

For more than 10 years, prayerful knitters and crocheters have been creating shawls for those who need consolation. Join us as we share stories, prayers, and contemplative knitting (or crocheting) with an intention to offer loving consolation to others through the prayer shawl ministry. Needed for this retreat: a basic ability to knit or crochet, and...\*for the knitted shawl: 3 skeins Lion Brand Homespun or similar yarn and size 11 or 13 needles \*for the crocheted shawl: 4 skeins of yarn and a size M hook. Connie Sprague is enjoying her eighth year as a presenter on St. Anthony's Extended Preaching Staff. She is a trained spiritual director and master reiki practitioner. She enjoys swimming, reading, and practicing hatha yoga. She welcomes opportunities to interact with seekers of all faith traditions. Tammy Barthels is a wife, mother, spiritual director and seeker of truth. For the past 10 years she has been a presenter at many retreats. Her mission is to assist others on their journey as they seek to find their Inner Truth. She welcomes the opportunity to share with others as we journey toward wholeness with God. She enjoys walking, reading, gardening and enjoying the abundant gifts God offers us in nature.

## Reservations:

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