

# CAREGIVERS DAY

## "BREATHING SPACE"

A Day for Caregivers to focus on rest,  
relaxation and healing



Saturday, June 9, 2012

Begins 10:00 a.m. And concludes at 4:00 p.m.

One of the themes in the Gospel of Luke is that the kingdom of God is here right now. The kingdom is coming about among us. We are living in the kingdom, helping to bring it about. When we live mindfully, when we focus on the present – letting go of the past, not thinking or worrying about the future, then we live in a moment of rest, of peace. We might call that living in the kingdom. If we incorporate into ourselves an attitude of humility, of gratitude, if we open ourselves to receiving the gift of life in the present moment, then we are living out that beatitude: Blessed are the poor in spirit for theirs is the kingdom of God. This is our Breathing Space – the place where we encounter the Breath of Heaven. Learning to live in that space will be part of our focus on this Day of Retreat. Presenter Mary McHugh is a wife, mother and recent grandmother. She is a Pastoral Associate at a cluster of three parishes in Ozaukee County where her work focuses on Adult Faith Formation and Ministry of Care. Mary has a masters degree in Pastoral Studies from St. Francis Seminary in Milwaukee. She also has a certificate in grief support from Marquette University.

Offering: \$40.00 (includes noon meal)

### RESERVATIONS:

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