



On the Journey Retreat Series

Three-hour retreats designed to be provided by three experienced facilitators for a small group of 10 - 20 women in your community. Provide sacred time and space with easy to use Facilitator Guides and Journals.

Choice-making - Help women reflect on the steps involved in making adult choices and discerning between the distractions and healthy, Christ-centered choices in our lives.

Emptying Your Cup: Finding Peace through Letting Go - Quiet reflection, prayer rituals, and discussion on what and how we need to 'let go' in our lives to have room to 'fill our cup' with God's unconditional love.

In God's Hands - Experience a reflective environment in which women can explore a healthy tool for processing life's challenges and learn to grow spiritually in challenging situations.

Listening with the Ear of Your Heart - Develop an attitude of listening as a skill to be relished, a gift and a grace from God who is ever present. Participate in reflective listening to others.

✂-----✂
 Today's Date _____ Date Needed _____

I am: Staff Liaison Coordinator Facilitator Participant Other _____

Name _____ Church/Organization _____
 Address _____ Diocese _____
 City _____ Phone number (____) _____
 State _____ Zip Code _____ E-mail address _____

Home address Billing address _____

	<u>Quantity</u>		<u>Price</u>		<u>Total</u>
<i>Choice-making Facilitator's Guide</i>	_____	X	\$ 20.00	=	_____
<i>Choice-making Personal Journal</i>	_____	X	\$ 10.00	=	_____
<i>Emptying Your Cup: Finding Peace through Letting Go Facilitator's Guide</i>	_____	X	\$ 20.00	=	_____
<i>Emptying Your Cup: Finding Peace through Letting Go Personal Journal</i>	_____	X	\$ 10.00	=	_____
<i>In God's Hands Facilitator's Guide</i>	_____	X	\$ 20.00	=	_____
<i>In God's Hands Personal Journal</i>	_____	X	\$ 10.00	=	_____
<i>Listening with the Ear of Your Heart Facilitator's Guide</i>	_____	X	\$ 20.00	=	_____
<i>Listening with the Ear of Your Heart Personal Journal</i>	_____	X	\$ 10.00	=	_____

Please consider making a donation to St. Paul's Monastery for Ministry of Mothers Sharing
Prices and Availability Are Subject to Change

Subtotal _____
 Shipping & Handling _____
ORDER TOTAL \$ _____

Ministry of Mothers Sharing
 An outreach ministry of the
 Sisters of St. Benedict
 of St. Paul's Monastery



Method of Payment:

Check or money order
 (Made payable to *St. Paul's Monastery*)

VISA Master Card
 American Express Discover

 Credit Card Number (all digits)
 _____ Security Code (back of card)
 _____ / _____ \$ _____
 Expiration Date (MM/YY) Amount

 Name as it appears on card

 Signature

Shipping & Handling

\$50 or less	\$ 6.00
\$51 to \$100	\$12.00
\$101 to 150	\$15.00
\$151 to \$200	\$18.00
\$201 or more	\$24.00

Order on-line at www.stpaulsmonastery.org
 click on *Ministry of Mothers Sharing*
 click on 'Resources' on the left

or complete order form, attach check or credit card information, and send to:

Ministry of Mothers Sharing National Office
 St. Paul's Monastery
 2675 Benet Road, St. Paul, MN 55109
 Phone: 651-748-4089 / Toll-Free: 877-281-6298
 Fax: 651-773-5124
 E-mail: momsnational@stpaulsmonastery.org