

# Explore Your Faith

Saturday, November 16, 2019  
9:00am to 12:00pm

## Deepening Gratitude & Grace thru Word & Movement *Elizabeth Cantine*



A half-day retreat to deepen & explore your faith with expressions of gratitude and grace. We will compose poems for holidays and every day in various forms including cinquains and haikus and create movement to them to connect and engage mind, body, and soul.

Elizabeth Michele Cantine, the author of *Graceful Gratitude - A Book of Holiday Graces*, will use her book as a resource & motivation. Please bring markers, colored pencils, a notebook or journal and wear comfy clothes & shoes.

Cost: \$25

To register call Marlene at (310) 377-4867 x234 or email her at [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org).

Please see website [www.maryjoseph.org](http://www.maryjoseph.org) or Program Guide for Cancellation Policy.

### MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867 Fax: (310) 541-1176  
[www.maryjoseph.org](http://www.maryjoseph.org) Email: [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org)

RETREAT RESERVATION ~ Please return this form with your payment. Thank you.  
"Deepening Gratitude & Grace thru Word & Movement" **Elizabeth Cantine, Sat. November 16**

NAME \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

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