

Sunday, July 14, 2 to 4pm

What's on My Plate?

**Sr. Mary Mortz,
DMJ, PhD**



This workshop is for those of us who are seeking to find time for God in our overly busy lives. Examine all aspects of your life and decorate a paper plate to show your 24-hour day. Decorate another to show how God is calling you to live each day. A wonderful light hearted way to see "what's on your plate"!

Teacher, author and coach, Sr. Mary has been guiding & helping people find the holy and the whole in their lives for over 40 years. Backed with sound scholarship, Sr. Mary teaches with humor & wit. She has a passion for spiritual direction (companionship) and for learning in all forms. Her goal is to help participants respond to God's nudging in a safe secure environment of spiritual friendship.

Cost: \$20

To register call Marlene at (310) 377-4867 x234 or email her at mvelazquez@maryjoseph.org or register online at www.maryjoseph.org. Please see website or Program Guide for Cancellation Policy.

MARY & JOSEPH RETREAT CENTER

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RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.

"What's on My Plate" Mary Mortz, DMJ, PhD Sunday, July 14, 2019

NAME _____ PHONE (____) _____

ADDRESS _____

EMAIL _____

Cost: \$20