

Sunday, August 19, 2 to 4pm

# What's on My Plate?

Sr. Mary Mortz, DMJ



In this workshop, participants will examine all the busy aspects of their life as they decorate a paper plate to show how they live out a 24 hour day. After a presentation, they will decorate another plate to show how God is calling them to live in a 24 hour day. Engaging and hands on, this is a wonderful light hearted way to see "what's on our plate"!

Teacher, author and mentor, Sr. Mary Mortz, DMJ, has been guiding and helping people find the holy and the whole in their lives for over 30 years. Backed with sound scholarship, Sr. Mary teaches with humor & wit. She has a passion for spiritual direction (companioning) 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 (\$25 after 8/10)

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

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RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.  
"What's on My Plate" Mary Mortz, DMJ, Sunday, August 19, 2018

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

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

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