

The Relax Refuel Restart Retreat

Discover how the smallest things make the biggest difference!

Join Terry Hershey, popular retreat leader and author of *The Power of Pause: Becoming More by Doing Less*, for a day of spiritual refreshment and practical ministry training. The **Relax, Refuel, Restart Retreat** is a great way for catechetical leaders and others in parish ministry to rest, reenergize, and find balance in their busy lives.



When:

August 10, 2009
9:00 a.m. - 2:00 p.m.

Where:

San Francisco Solano Parish
22082 Antonio Parkway
Rancho Santa Margarita

RSVP:

By June 15: \$29.95
After June 15: \$39.95
www.loyolapress.com/relaxretreat

What will participants take away from this retreat?

The event is part retreat—a chance to regroup and refocus—and part training to enhance ministry efforts.

Participants will learn how to:

- Relax and reenergize in new and unique ways
- Develop strategies that bring balance to their lives
- Combine balancing techniques with training to help them communicate effectively, avoid burnout, work as a team, deal with de-motivators, and create a welcoming parish environment

Who should attend?

The retreat was created specifically for catechetical leaders and other key members of parish ministry.

What's included?

The price includes a light breakfast, lunch, and a retreat guide.

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800-621-1008

For more information about the **Relax, Refuel, Restart** Retreat visit www.loyolapress.com/relaxretreat

