Saturday, March 10

St. Al's 12th Annual Spa For the Spirit

Holy Journey of Life

*Facilitator, Sister Joyce Shanabarger, OSF—Franciscan Sisters of the Sacred Heart

Jesus' journey on this earth is a mirror for our own life journey. Join other holy women to reflect, pray and ritualize the journey we share with Jesus and one another. Watch our common experiences bring the questions of life together. Using the story of Jesus and the rituals of our faith tradition, we will explore the life lessons contained in the sacred mysteries. Give your spirit the opportunity to pause, to refresh and to focus. Let the events and mysteries of our Lenten journey touch your heart once more.

Currently serving as general community leader of the Franciscan Sisters of the Sacred Heart, Frankfort, Illinois, Sister Joyce Shanabarger, OSF is an alum of the College of St. Francis, Joliet. She earned a MS in Educational Administration from Purdue University and a MA in Christian Spirituality from Creighton University.

An elementary school principal and pastoral minister, previously, Sister Joyce does spiritual direction along with her administrative duties. She enjoys sharing spiritually with those on the margins of society, believing strongly in the personal dignity of each person.

Enjoying nature, visiting interesting sites, cooking, reading and being with friends are some of her favorite activities.

- All women of the parish, their family, friends and visitors from other parishes 18 years & older welcome
- **Saturday, March 10 - 9am to noon** beginning with a continental breakfast buffet in the Dining Hall
- $12 will reserve your space.—Make checks payable to St. Alphonsus Parish
- Reserve by March 2 using the coupon below, or online at www.saintalphonsusPH.org

✂ _____

Return with your $12 by March 2—Checks payable to St. Alphonsus Parish

Name: _____

Address: _____

Phone: _____

E-mail: _____

If your reservation includes others please print their names on this coupon:

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SAINT ALPHONSUS LIGUORI PARISH
Presents...

SPA FOR THE SPIRIT