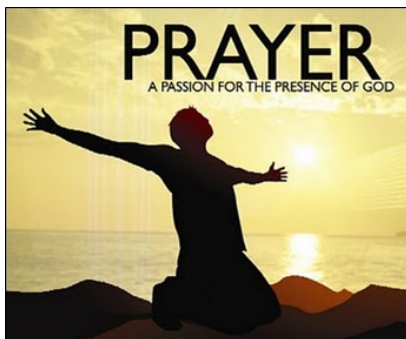


## Who should attend...

- Pastors
- Pastoral Associates
- Directors of Faith Formation
- School Principals
- Teachers/Catechists
- Youth/Young Adult Leaders
- Family of Parish Directors
- RCIA Coordinators
- Music Ministers
- Parish Staff
- Parishioners
- Everyone!



### SCHEDULE OF EVENT

8:30am Registration & Fellowship

9:00am Prayer

9:30am—noon

Presentations: Scripture & Sacraments

12noon Catered Lunch by Polish Village

12:30pm Adoration/Reconciliation

1:00pm—3:00pm

Presentations:

Personal Prayer & Community

### EVENT AT:

Saint Lucy Parish

23401 East Jefferson Ave

St. Clair Shores MI 48080

586.771.8300



DSCLNow@gmail.com

## A Retreat Day: Spiritual Health for the New Year

### PRESENTER:

**Janene Ternes**



Thursday, January 27, 2022

9:00am—3:00pm

at

Saint Lucy Parish, St. Clair Shores

# As we anticipate the New Year ahead...



**Janene Ternes** is a spiritual director, a graduate in Ignatian Spirituality from Manresa Jesuit Retreat House. In addition to providing spiritual direction, she also leads people in the Spiritual Exercises of St. Ignatius of Loyola.

Janene founded Prayer in Motion, LLC, in 2003 in order to provide opportunities for people to grow in their relationship with God. Since then, she has developed and facilitated retreats throughout the Midwest utilizing different forms of prayer. Janene's goal is to help others connect more intimately with God, leading to a more loving, peaceful, joyful, and fulfilled life. For more information, visit her website at [prayer-in-motion.com](http://prayer-in-motion.com).

We frequently make resolutions for improving our physical health, such as losing weight or getting more exercise. The state of our spirit is even more important to our health and well-being, but we too often fail to take the time to attend to it.

Join us for a retreat day focused on the cornerstones of our spiritual health — Sacraments, Scripture, Prayer, and Community. Learn how these support our spiritual framework and gain new tools for prayer to enrich your spiritual journey throughout the coming year.



Join us to participate in a variety of prayer experiences designed to refresh your spirit. Adoration and Reconciliation will be available. This retreat can be used for catechist certification for On Fire for the Faith.

## REGISTRATION FORM

COST:



DSCL Member fee: \$35.00



Non-DSCL Member: \$45.00

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Name

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Parish

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City

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Email

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Phone

Questions? Phone: 313.561.0512  
Email: [maryann.w@saintanselparish.org](mailto:maryann.w@saintanselparish.org)

Send Registration & Payment to address below  
by January 24th.

DSCL  
ATTN: Maryann Walkuski  
17700 West Outer Drive  
Dearborn Hts MI 48127