



*May our hearts be rooted in love.
May our love renew the earth.*

*St. Tom's Women's Group
invites you to join us for this Lenten Retreat Day and for our twice
monthly meetings published in the parish bulletin and on our web site.*

*Ideas and/or questions about the group can be addressed to
Sister Sue at 269 381 8917, ext. 275*

*St. Thomas More Catholic Student Parish
421 Monroe Street
Kalamazoo, MI 49006
269 381 8917
www.sttomskazoo.org*

**Create in Me a
Clean Heart, O God**



**St. Tom's Women's Retreat
Saturday, March 20, 2010
9:00 am - 4:00 pm**

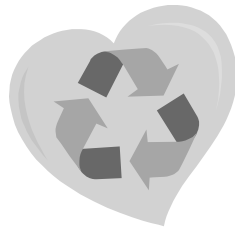
Our parish Lenten discipline this year is to cleanse ourselves from the toxins that contaminate our lives - physically, spiritually, mentally. This day will offer you the opportunity to identify and cleanse some of these toxins—through prayer, faith sharing, information and hands-on activities.

The morning will offer four different activities/presentations, each repeated three times. You decide which three you wish to attend. Lunch will be served about 12:30. Father Ken Schmidt will join us after lunch to continue the discussion begun with the Women's Group in January. Come with your questions and concerns related to faith and church. The \$20 covers materials, snacks, and lunch for the day. Registrations can be put in the collection basket, or sent to the parish office. Please register no later than Wednesday, March 17.

Suggested Donation for the day: \$20.00

Schedule for the Day

- 8:30 Registration begins. Coffee and juice will be available
- 9:00 Morning Prayer—in church
- 9:30 Workshop sessions begin 45 minutes/15 minute break
- 10:30 Workshop sessions—2nd round
- 11:30 Workshop session—3rd round
- 12:30 Lunch—upstairs in the social hall
- 1:30 Afternoon session with Father Ken
- 3:00 Break
- 3:30 Evaluation and Closing Prayer



Workshop Sessions (choose 3)

- Yoga taught by WMU professor, Gena Pezzoli We'll focus on poses designed to help detoxify the body. Detoxification is about stimulating, cleansing, and nourishing the body from the inside out. We'll flow through yoga poses that help activate the natural healing and cleansing properties of the body and mind – helping to restore balance and vitality in our lives. Wear comfortable clothes and bring a yoga mat if you have one. Cougar Room
- We are what we eat—processed foods versus local home-grown foods. What difference does it make? Do you really know what's in the foods you feed your family? Local gardens, a new trend in the cities. Presented by parishioner Olga Bonfiglio Bronco Room
- The toxins in your kitchen, in your pantry—learning to use nontoxic household products for cleaning. Even some ideas for make-up and hairspray from natural products. Presented by parishioner and biologist Claire McSwiney Upstairs kitchen
- Spiritual Nourishment—enjoy quiet prayer in the church. The sacrament of reconciliation will be available. Worship space.

St. Thomas More Catholic Student Parish
Create in Me a Clean Heart, O God
Women's Retreat Registration Form
Saturday, March 20, 2010 9:00 - 4:00

Please print clearly

Name _____

Email: _____

Primary Phone: _____

_____ Permanent Resident _____ College Student

Address: _____

City, State, Zip: _____

Food restrictions/allergies: _____

___ My \$20 donation is enclosed. Checks should be made out to St. Thomas More Student Parish.

___ I will pay at the door. ___ I'll pay what I can.

___ Yes, I would like childcare provided for my children

Children's names and ages: _____

Detach this form. Keep the left side for your information.
Registrations may be dropped in the collection basket, or
mailed or delivered to the parish office.

Please register by Wednesday, March 17

Office: _____