Blessed Trinity Shrine Retreat presents



Day of Discovery

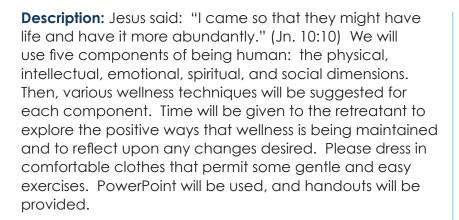


Living Abundantly: Reducing Stress and Living Well

Wednesday, October 20, 2021

9:30 am - 3:00 pm EST

Fee: \$25.00 (Lunch is included)



Take a look at our new website: www.msbt.org/btsr

Follow us on:

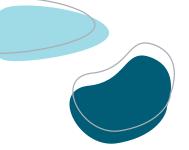
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REGISTRATION FORM

Please reserve a place for me on the following retreat:

Name of Retreat:

My Name: _____ (Circle One) M F Mailing Address:

Phone: _____ E-mail:

Emergency Contact: ______ Phone: _____ Medically Necessary Diet Needs: Deposit Enclosed: \$

Please make checks payable to: MSBT | 107 Holy Trinity Road | Ft. Mitchell, AL 36856





Presenter: Father Mike Kerin is the pastor of Holv Family Catholic Church in Blakely, GA and St. Luke Catholic Church in Cuthbert, GA. He is a member of

the Glenmary Home Missioners and has studied spirituality, psychology, and missiology for many years. He has trained as an instructor in Tai Chi. Chi Kung (Qigong), and Yoga.

For more information, please contact:

Sr. Gail Lambert, MSBT, sponsored retreat coordinator.

Phone: 334-855-4474

Email: gail@msbt.org

