



Grace Within

“ An empowering journey to your inner self”

Grace Within is an opportunity for women to develop self-esteem, relationship skills, and a more defined sense of their own spirituality, while facing the challenges of life. Learn to share with women of all ages the stress and concerns and positive experiences that have influenced your personal growth. Experience the support of other women as you discover the depth of your own spirituality.

WHO:

WOMEN who live with many demands on their time and energy

WOMEN who need a place to receive personal and spiritual nurturing

WOMEN who just need a place to focus on themselves for a few hours every week.

WHEN:

Sunday evenings, 7:00-9:00 pm

Starting September 22nd

WHERE:

Conference Room, St. Patrick Church

REQUIREMENTS:

The ability to make a commitment to an initial 9-week period. The ability to keep confidentiality. A desire to grow by sharing. The ability to support other women in their personal growth.

COST:

\$40 and includes one copy of the book, *Grace Within: A Personal Journal*, by: Jean Glaraton, Mary Boespflug and Lori Gross. No one will be turned away due to finances.

Please return registration form by September 16.

Questions? Contact Wendy Funk at cffunkybunch@yahoo.com or 277-9650