

## **Going Deeper in Your Spiritual Health this Advent Season**

When you ask yourself, how you can become healthier? We must consider our mind, body and soul. Last quarter's education material was How Physical Activity Can Become a Way of Life. Now, for your spiritual health... have you ever considered how Mary can help? If only, we would give it all to her! Many of you are aware that Mary is our quickest way to Jesus.

The 33 Day Consecration to Mary is a Do-It-Yourself-Retreat to bring you closer to Mary. The beauty of this powerful retreat is it is a daily, simple, short read and there are 17 different Marian Feast opportunities to start your retreat throughout the year. The true gift is that it will cleanse you spiritually by setting your hearts on fire, help you become a fit instrument and realize the gifts of our Spiritual Mother! (Bonus: Brings us closer to Jesus)

Let us set our hearts on fire this Advent Season and renew our Spiritual Health by starting this 33 Day Marian Consecration on Nov 29 and ending on Jan 1 (Mary-Mother of God: The Solemnity of Mary). Invite your friends or a group to join you on this 33 Day Challenge-It will be a life changing experience!

For More details on the book or materials on the 33 Day Marian Consecration, visit [AllHeartsAFire.org](http://AllHeartsAFire.org) or call 1-800-4-Marian (800-462-7426). You can also find this book in our Adoration Chapel and a pamphlet/Consecration prayer card in the Narthex.

Enjoy!

St John's Health Ministry