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| *Christ Our Light Women’s Retreat*  *March 6-8, 2020*  *@ Camp Onomia in Onamia*  ***The Spiritual Practice of Self-Compassion*** |  |

***You are invited…***

The women of the parish and friends are invited to our 7th annual women’s retreat. Come to get away and find some peace, laughter and prayer in the beauty of the woods.  Spend the entire time, just Saturday or whatever works for you.  We will be exploring the theme of self-compassion – something we could all work on!

Come away and rest…

Presenter: ***Donna Nordang*** is a retired psychologist who is currently a spiritual director and  lives  in St. Cloud with her family.  Nature feeds her soul, whether it be trees or plants, rocks, water,  clouds, insects, or any critters. She is  committed to respond to the suffering in the world by helping people treat themselves, others, and all of God’s creation with compassion.  Choosing to be compassionate is a courageous response to life.   It is an invitation to grow in the kind of love that motivated Jesus to be a compassionate presence.

**Last Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **First Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cell Phone** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Do you text?** Y N

**Email** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**City \_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cost includes meals, room & supplies. Saturday includes lunch and dinner.

One Night ($90) \_\_\_\_ Two Nights ($140) \_\_\_\_ Just Saturday ($45) \_\_\_\_\_\_

Special Dietary Needs. (Vegetarian, Gluten-free, dairy-free etc)

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If needed, could you drive? Y N Do you need a ride? Y N

Emergency Contact:

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Primary phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Provider and Policy # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please share any medical concerns that would be helpful for us to know.

Rooms are double occupancy – if you’d like to stay with someone, please request it on your registration form. Please bring your own bedding and pillow. Financial assistance is available. Please contact Molly Weyrens, Pastoral Associate @ [mollyw@christourlightmn.org](mailto:mollyw@christourlightmn.org)

## We plan on leaving Princeton at 6:00 pm on Friday . Eat dinner before you come on Friday. On Sunday we will attend Mass at Holy Cross in Onamia and return to Princeton by 1 pm. Please return registration to church with payment. Checks can be made out to COL.

**Registration is due on February 23rd.**





*Good Times!*