

Illumination

Glory

Sorrow

Joy

Mindfulness and the Rosary

A Fun and Interactive Day of Reflection

Saturday May 5 ~ 10 AM – 3 PM

**St. Katharine Drexel Parish Life Center
6075 West Jersey Avenue, Egg Harbor Twp., NJ**

Participants will be introduced to a new way of praying the Rosary -- a way that helps us see the traditional mysteries and all of the mysteries in our lives as moments of prayer, which can be defined as a "long, loving look at the real."

Rooted in the spirituality of St. Ignatius Loyola, "Mindfulness Meditation" has been part of our Catholic prayer for centuries. It has also been found helpful to combat anxiety, fear, obsessions and addictions, and to promote a sense of deep peace.

Donna Marie McElroy MSW, a parishioner of St. Katharine Drexel and member of the Life-Long Faith Formation team, and Aloysius Widziewicz, M. Div, LCSW, a therapist from New York who treats many using Mindfulness Meditation, will invite us into a process that will help us "root" our spiritual lives in the "ground of life" we call God.

Please plan to join us!

To register, please return this form to the Parish Office by April 25th.



Mindfulness and the Rosary Registration

Name: _____

Phone #: _____

Email address: _____

Cost: \$5.00 in advance / \$10.00 at the door - includes lunch