

Lenten Retreat Saturday, March 3, 2018

"Spring Buds and Hearts: Learning to Embrace Change"

Retreat Facilitator: Jane Leyden Cavanaugh

Sponsored by St. Genevieve's Catholic Church
Council of Catholic Women

Location: St. Genevieve's Parish Community Center,
6995 Centerville Road, Centerville

(Handicap Accessibility)

8 am Registration and Continental Breakfast

8:30 am - 11:30 am Retreat

Fee: \$25 Registration by 2/26/18



Jane Leyden Cavanaugh has been working in spiritual growth for 20 years. She has an undergraduate degree from the University of Notre Dame, a Master's degree in Theology and a certificate in spiritual direction from St. Catherine University. Before her career as a retreat director, she spent 12 years as a professional actor studying and performing improvisation at Dudley Riggs in Minneapolis, The Second City in Chicago, and the Groundlings in Los Angeles. When she's not doing spiritual retreats, she is directing teacher retreats for Youth Frontiers, a Minneapolis based non-profit.

She is married and lives with her husband and 12-year-old daughter in Edina, MN. Her warm, humorous approach combined with her depth puts people at ease and engages hearts. She is a gifted speaker and a refreshing woman of faith.

Registration Deadline: February 26, 2018

Name _____

Parish _____

Email _____

Phone _____

Payment: Check, Cash, or Online Payment (www.stgens.org/retreat (Vanco))
Checks payable to: St. Genevieve's Council of Catholic Women

Questions: Please call Mary Lou at 651-429-2140 or Jean at 651-430-2218

Spring Buds and Hearts: Learning to Embrace Change

The season of spring teaches us the life lesson of accepting change. If you are experiencing a change right now – in your health or the health of a loved one, in your work, in a significant relationship – you are in a very holy place. Every change in our life, planned or unplanned, comes bearing a gift: a chance to grow and become who we want to be. The scripture we will study is Luke 5:37: "*No one pours new wine into old wineskins.*" What in our life is like an old wineskin that needs to be replaced? An attitude? A habit? A negative thought? How do we face change with grace and faith? In this Lenten retreat, you will identify a change in your life that is causing you the most anxiety. Ask God for the strength to face this change with courage, assured of God's loving presence.