

DO YOU WANT...

TO BE

LESS STRESSED? LESS ANXIOUS?

MORE CONNECTED WITH YOUR
FAMILY?

TO HAVE

MORE PEACE IN YOUR LIFE?

MORE CALM IN A DIFFICULT WORLD?

SOMEONE TO ASK FOR HELP?

Come join us in the school library at 6:30 every Tuesday evening during October for a social, educational, and faith filled event! Wine, cheese, guest speakers, and small group discussions will highlight our time together. We will learn to better connect with God, our children, and each other by exploring the meaning and methods of prayer. Millions of people already know that prayer can create a feeling of peace and calm. Come learn how to apply it to your life to relieve stress, anxiety, and open the door to connect to Jesus. As we progress through the month, you will be able to learn more about the Catholic Faith and have any question you've ever had about it answered!