

FACULTY/STAFF RETREAT

COST: \$50.00 - 9:00 TO 3:00PM - INCLUDES LUNCH

EVERY DAY SABBATH CREATING HEALTHY SPACE AND PACE



FACILITATED BY
MERCY CENTER AUBURN STAFF

We *may not* have the ability to control the outside influences that interrupt our heart's desire for harmony and well-being, but we *do* have the ability to respond from a place of deeper inner peace so that the intrusions will not frustrate the vibrant life that is God's intention for us.

This day of retreat will invite us to return to a rhythm of life that holds in healthy balance the *pace* of life and *space* for rest, renewal, and joy.



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www.mercycenter.org