

# FINDING YOUR PEACE SHELL

Sisters of Mary of the Presentation Maryvale  
Valley City, North Dakota  
Women's Retreat  
October 10-12, 2008

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As we move through life transitions, the demands on our time tend to multiply and carving out moments to reflect on the changes become more and more challenging.

Our soul longs for...

Simplification  
Rest  
Peace  
Comfort



Discover your peace shell ... a gift of serenity

Via the Labyrinth  
Meditative reflections  
Music  
Dance

Let's journey together...

To explore creative prayer that will help you carry out your obligations and activities peacefully, gracefully, and joyously.

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"Your life is a sacred journey. And it is about change, growth, discovery, movement, transformation and continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path... exactly where you are meant to be right now... And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing, of courage, of beauty, of wisdom, of power, of dignity, and of love."

Caroline Adams

## Retreat Facilitators

Shirley Nelson – Council for Health and Human Service Ministries – United Church of Christ  
Gayla Sherman – Charles Hall Youth Services