

Our Lady of Calvary Retreat Center presents:

THE ART AND CRAFT OF FORGIVING:



Wednesday, March 10, 2010 (NEW DATE!!)

Day: 9:00 A.M.—1:00 P.M. (includes lunch)

OR

Evening: 7:00—9:00 P.M.

Presenter: The Reverend Eileen Epperson

What if forgiving another is not as hard as we think? Come into Lent with a new muscle for releasing resentments and regrets. We can sometimes feel that forgiving another is sort of letting that person "off the hook" or condoning something they did. Meanwhile, we lose our power to express ourselves. This workshop will provide you with a view of forgiveness that does *not* leave you feeling that you lost and the other person won. You can regain your voice, allowing God to move through you freely once again and no longer rehashing annoying events in your head. Imagine living with more joy and creative energy. Make this Lent the most meaningful of your life.

The Reverend Eileen L. Epperson, M.A., M.Div., has been a Presbyterian minister for twenty years. She is a trained spiritual director, retreat leader and a bereavement group facilitator. As a hospital and hospice chaplain and a pastor, Eileen has led many programs for people in life transitions. She is committed to assisting people to transform losses and disappointments and create the possibility of a new future. She has a private practice in spiritual coaching with a specialty in forgiveness work.

REGISTRATION FORM

Wednesday, March 10, 2010

The Art and Craft of Forgiving Day (\$25) **OR**
 Evening (\$15)

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email _____

Parish _____

Parish Town _____

My \$25 offering is enclosed for the day program./ \$15 offering is enclosed for the evening program.
I also include \$_____ for those needing financial assistance to attend retreats.

Mail Reservation and Offering to: **Our Lady of Calvary Retreat Center**
31 Colton Street • Farmington, CT 06032
860.677.8519 • www.ourladyofcalvary.com • olcretreat@sbcglobal.net

