

ST. PAUL OF THE CROSS
APOSTOLATE
of **WOMEN**

WOMEN'S GROUP RETREAT

March 6, 2025
Reflect
Recharge
Renew
8:30 A.M. - 12:00 P.M.
(Light breakfast at 7:30 A.M.)

We are excited to announce that Sally Blount, president and CEO of Catholic Charities of the Archdiocese of Chicago, will be speaking at our upcoming retreat. Sally is the former Dean of the J.L. Kellogg School of Management at Northwestern University and is internationally recognized for her teaching, writing, and consulting on leadership development and organizational strategy. Sally will help us understand the power of silence and how it affects our psychological well-being and strengthens our relationship with God.

Retreat Information

The retreat will take place in the Holy Family Chapel at Saint Paul of the Cross Church, 320 S. Washington, in Park Ridge.

Fr. James will kick off the retreat. Deacon Bob will talk about our theme of Reflect/Recharge/Renew, and Sally Blount will focus on the power of silence, discussing silence as a form of prayer and techniques for harnessing silence to support our well-being. Parishioner Sara Horak will facilitate a fun game she invented. And personal trainer Sue Coogan will lead us in some light stretching and chair yoga. We know you will leave feeling recharged!

The \$25 fee covers breakfast and a donation for our speakers.

Join us for lunch after the retreat at Harp & Fiddle in Park Ridge!

Questions? Please email Jessica Armour, co-chairman of the AOW/Women's Group at aow.spc@gmail.com

Use this link:
<https://shorturl.at/6OK5y> or the QR
code below to sign up.

