

The Duck Lessons in Detachment

with

Ann Schehr

**Saturday, April 25th
10am-3pm
lunch included \$75**



What are you being called to release and let go of?

Is it fear? Control? Negative thinking?

These things can keep us from fully experiencing
the love God offers us.

In this retreat, we will explore the spiritual
practice of **Detachment** through **Understanding**,
Compassion, and **Kindness (DUCK)**.

Through guided reflection and shared insight,
we will see how we can let go and trust more
deeply, and live with greater peace and freedom.

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