

Sabbath Time: A Return to Sacred Rest

*with
Maryanne Tuchem*

Saturday, February 28th

10am-3pm lunch included \$75

In a world shaped by busyness and constant thriving, we invite you to join us for a day where you can slow down, pause and rest.

Through gentle practices, and reflection, you'll explore how to create Sabbath time in your daily life.

Give yourself permission to rediscover Sabbath as sacred time. Come and receive this beautiful gift.

To register: 516-627-9255 www.olgretreat.com

Our Lady of Grace Spiritual Center
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