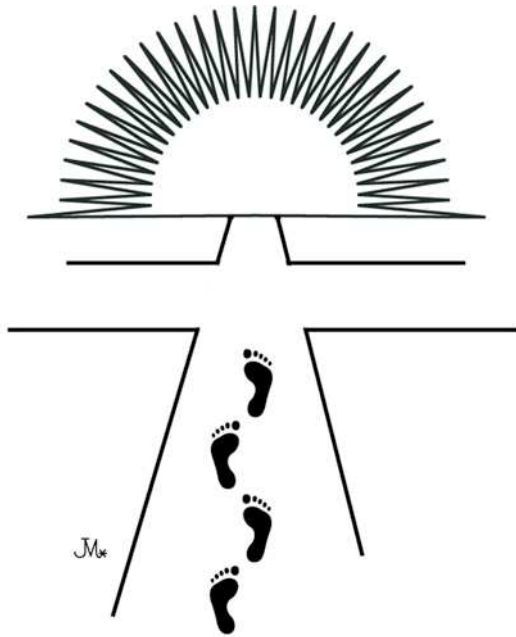


QUELLEN SPIRITUAL CENTER

“Walking in a Relaxed Manner: Life Lessons that are All Around Us” Monday November 10, 2008



“Seeds of the future plant themselves in our hearts every day. We are unaware of their presence until some significant life experience awakens them and invites us to grow.” Drawing from Joyce Rupp’s experience of walking the Camino, we will look at the lessons life has to teach us and reflect on how to embrace them.

*This workshop will include presentations, DVD, sharing if you wish to do so, and some “walking” on the inner and outer terrain within and around us. **Bring a journal or notebook with you!***

*\$30.00 suggested fee
includes lunch*

*9:30 AM—3:00 PM
Monday, Nov.10, 2008*

*Facilitators: Teresa Marie Skierkowski, SCC
Terrence Moran, CSSR*

“Walking in a Relaxed Manner: Life Lessons that are All Around Us”

NAME _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ PROGRAM DATE _____

AMOUNT ENCLOSED _____

Registrations for all retreats/workshops/programs must be received at least **ONE WEEK PRIOR** to the weekend or program date. Quellen reserves the right to cancel programs due to insufficient registration. **Day programs must be paid in full upon reservation.** Please make checks payable to **Quellen Spiritual Center.** Mail registration to address below. Call **Quellen at [973] 543-6528 x 217** for further information Monday-Friday 9 AM to 4 PM.

350 Bernardsville Road Mendham, New Jersey 07945-0800