

REGISTRATION
INFORMATION

Friday & Saturday \$35.00

* Continental

Breakfast included

*Lunch included

Please pre-register by
April 1st (*Registrations are
limited to 35 women*)

Name _____

Address _____

Phone # _____

Mail registration form & check
(payable to St. James Parish)

Jacky Miller

2502 11th Street

Eau Claire, WI 54703

715-835-5887#3

jacchuck@yahoo.com

Do you ever feel you're being
pulled in many directions, with
little time left over for yourself?

Would you like to make a local
retreat that will nurture your soul
and spirit, and make you laugh
along the way?

If so, consider participating in the
*St. James 15th Annual Women's
Getaway!*

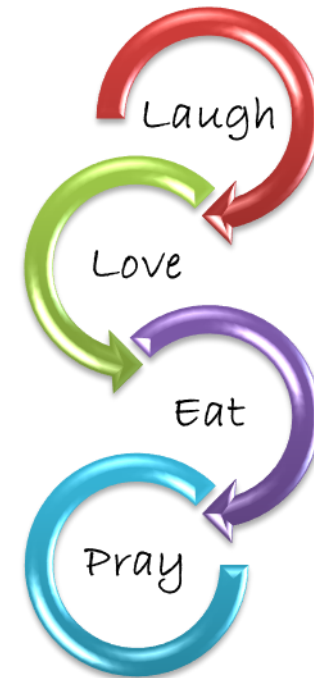
This popular retreat features:

- ◆ **Wonderful speakers who will inspire and inform**
- ◆ **Great food**
- ◆ **Joy-filled camaraderie**
- ◆ **Lots of fun!**

Encourage your friend, mother,
sister, or co-worker to attend with
you for even more enjoyment!



15TH ANNUAL WOMEN'S GETAWAY!



St. James the Greater
Gathering Space
(all women welcome)

April 10-11 2015

2502 11th St.
Eau Claire, WI 54703

GET READY TO LAUGH..LOVE...EAT...AND PRAY!

What Do I Do with All Those Dwarfs

Moira Kneer will offer an entertaining presentation that examines the differing personalities represented by the Seven Dwarfs, while offering practical strategies on how best to effectively handle these traits and cope with our own "Inner Dwarfs."

In the Kitchen with Mary

Barb Swant and Ruth Anderson are the creators of *Mary's Story*. They will talk about the loves of women during the time of Jesus and the blessing of being a Judeo-Christian woman today.

Food Presentation by Chef Thomas, Sahr

He is Director of Food and Nutrition Services at St. Joe's, Chippewa Falls. He will be discussing Quinoa, an ancient seed which has many health benefits and great flexibility in the kitchen. Come hear and learn how to add it to your menu.

Schedule

Friday evening

- 6:00 p Registration
- 6:20 Welcome & Prayer
- 6:30 Icebreaker
- 7:00 *What Do I Do with All Those Dwarfs?* by Moira Kneer
- 7:45 Social

Saturday

- 8:15a Registration
- 8:30 Icebreaker
- 9:00 In the Kitchen with Mary
- 10:00 Break
- 10:30 Food Presentation by Chef Thomas
- 11:30 Break & Lunch
- 12:30 Tai Chi with Carol Rudd
- 1:45 *Happiness Is an Inside Job* by Mary Ellen Bliss
- 2:45 Closing Prayer

Tai Chi with Carol Rudd

Carol Rudd is a licensed Tai Chi instructor and has been teaching since 2002. She opened her school for Tai Chi and Qi Gong in Eau Claire in 2003. Tai Chi, a martial art, is also considered a healing practice because relaxation occurs as one quiets the mind, by focusing on breath and posture and moves through the different postures. Movements are without strain and provide toning and exercise for the whole body.

Happiness Is an Inside Job

Inspired by Gretchen Rubin's best-selling book *The Happiness Project*, Mary Ellen Bliss will take you on a heartfelt trip to search for happiness, even in the midst of life's trials. Included will be her first-hand experience of caregiving for a dear friend through his cancer journey and eventual passing.

