



Mount Saint Mary House of Prayer

1651 US Highway 22, Watchung, NJ 07069

908-753-2091 • www.msmhope.org

msmhope@msmhope.org • FACEBOOK

**JOIN US FOR A SPECIAL
DAY RETREAT!**

Call 908-753-2091 to register.



WHOLLY ME: LIVING FULLY IN THE NOW

A Women's Retreat looking at the important connection between mind, body and spirit.

Be fully present in the moment!

Sister Judith will explore the concept of Mindfulness and how one's thoughts affect not only our emotions, but our physical well-being and our spirituality as well.

Saturday, July 22, 11 a.m. - 4 p.m.

Lunch included

(\$45-\$55 as you are able)

Presenter: Judith Blizzard, CSSF

Sister Judith Marie Blizzard, Felician Sister, received her BA in Education and Religious Studies at Felician College, Lodi, NJ and her Masters in Spirituality at Creighton University, Omaha, NE. She recently served on the Provincial Council of the Felician Sisters of Our Lady of Hope Province, North America, as the Formation Director and Regional Coordinator. Her past ministries have been in areas of education, vocation ministry, retreat ministry and spiritual direction.

She has attended and participated in workshops and conferences on spirituality, formation, faith, wholistic living, and new membership.

She is currently involved in doing parish missions, evangelization, retreat ministry and providing spiritual direction.

Mount Saint Mary House Of Prayer is a center dedicated to nourishing adult spiritual growth in an atmosphere of hospitality and prayer. Sponsored by The Mid-Atlantic Community Of The Sisters of Mercy of The Americas. The center welcomes persons of all faiths to retreats, spiritual direction and a variety of programs and opportunities for holistic growth.