

A WEEKEND RETREAT

# THE GIFT OF TIME OUT

BY MAREA RICHARDSON

**Fri 24 Mar, 7pm - Sun 26 Mar, 3pm**

Live-in: \$250    Live-out: \$180

As Jesus said to his Disciples, "Come aside and rest awhile."

As a person working in the Ministry of Caring for others, how often do you self-care?

Most of our energy is spent outward-focused, serving those around us. How often do we exercise the same care and compassion to ourselves?

This gentle and supportive weekend will offer opportunity for rest, relaxation and nourishment. Music, scripture and creative expression will help us get in touch with the wisdom of body and soul to recover some life-giving energy for the outward journey.



**To make a booking, contact:**

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