

LOVING OURSELVES

SATURDAY APRIL 7TH, 10:00-1:00

COST \$12.00

**INCLUDES LUNCH AND CHILD-CARE—PAYABLE AT LUNCH 4/7/18
PLEASE SIGN UP BY APRIL 2ND**

Choose two:

The Physical/Emotional Connection

Beth Paschal

1

Self-care for Caregivers

Linda Fitts

3

Self-care in Relationships

Judy Herron

2

Give Yourself a Break

Rebecca Conway

4

Make a sandwich choice **AND** choice of side (fruit of pasta salad)

**# 1 Herb Roasted
Chicken**

OLIVE OIL & HERB BREAD

Sliced chicken marinated in a
blend of herbs and spices

2 Vegetarian

OLIVE OIL & HERB BREAD

Tomatoes, cucumbers, avo-
cado, peppers & sprouts

#3 Granny Apple Turkey

HONEY WHEAT BREAD

Tangy sliced green apples, ten-
der turkey breast, and cheese

Retreat Schedule

10:00	Worship in the Sanctuary
10:30-11:15	Small Group Session 1
11:15-12:00	Small Group Session 2
12:00	Lunch

Sign-up on the PW Bulletin Board OR email sabeck2013@gmail.com

