



Grand Island Area Ministry of Mothers Sharing  
invites you to give yourself a treat...

# Choice-making

...a three-hour retreat designed just for you.

Making healthy, Christ-centered choices is a process of slowing down, turning to God and learning how to listen to Christ. This three hour retreat helps women reflect on the steps to making adult choices and discerning between the distractions and healthy choices in our lives.

During this retreat you will receive:

- An experience of prayer with time to reflect on God's grace as you make choices.
- An opportunity to establish connections with other Christ-centered women.
- Your own *Choice-making Personal Journal* for reflection and to bring home for further inspiration.

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## Blessed Sacrament Catholic Church

518 W. State St.  
Saturday, Dec 4  
9am-Noon

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**Cost: \$25.00—bring a friend for only \$10.00 more!**

**For women of all ages and stages of spiritual growth. Join us this in making  
this Holiday season the most spiritual and peaceful it can be!  
Pre-registration is required by Nov. 15 for seating and number of *Personal Journals*.**

**To register or for more information call:**

Julie Brezenski

(308) 675-0619

[director@brzonline.com](mailto:director@brzonline.com)

Amy Czaplewski

(308) 370-1374

[robamy@charter.net](mailto:robamy@charter.net)

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Registration form for *Choice-making Retreat* on Saturday, December 4, 2010

Name \_\_\_\_\_

Phone (        ) \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Cash enclosed     Check enclosed    Make check payable to Blessed Sacrament Catholic Church

Send registration fee and this form to:    Ministry of Mothers Sharing  
Blessed Sacrament Catholic Church  
518 W. State St  
Grand Island, NE 68803