

# **Restore My Soul**

## **Women's Retreat**

### **St. Peter's Episcopal Church**

### **Fernandina Beach, FL**

**Tuesday, October 7th, 9:00-3:00**  
**\$75 includes retreat, materials, and lunch**  
**Registration Limited**



**From the beginning of time, we have been called to set aside sacred time for restoring our souls and renewing our connection to the Divine.**

**Mary Bea Sullivan, author and retreat facilitator invites you to join her for a day devoted to:**

- **Spiritual practices that allow your "soul to catch up"**
  - **Sacred silence and reflection**
- **Remembering you are a beloved child of God and living from that abundance**
- **Community of supportive women**



Sunset view from the deck

*"Our only role is to love in the present moment,  
To accept each moment as it comes,  
To do what we can to help and heal one another,  
And to surrender...to a power greater than our small, separate selves." Eliza Bloom*

**For registration information go to [www.marybeasullivan.com](http://www.marybeasullivan.com) or  
Contact Mary at 205.329.4862 [mary@marybeasullivan.com](mailto:mary@marybeasullivan.com)**