

Restore My Soul

Women's Retreat

Smith Lake, AL

Friday, September 19th, 9:00-3:30
\$75 includes retreat, materials, and lunch
Registration Limited
Sliding scale available



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 at her home on Smith Lake for a day devoted to:

- **Spiritual practices that allow your "soul to catch up"**
- **Sacred silence and reflection in a healing, natural environment**
 - **Ritual shared with supportive women**
- **Remembering you are a beloved child of God and living from that abundance**



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 or
Contact Mary at 205.329.4862 mary@marybeasullivan.com**