

One-Day Spiritual Spa Retreat

"Chocolate and Friends"

October 29, 2011

8:30 am to 3:00 pm

Glenwood Holy Rosary Parish Hall



Ladies of the Des Moines Diocese -THIS IS ONE RETREAT you will not want to miss!

The Des Moines Diocesan Council of Catholic Women is pleased to announce its first annual fall retreat. The council invites you on a spiritual journey of grace-filled moments. Maureen Hoffmann and Julie Gross, presenters, have given several successful retreats in the area over the years. This retreat will address body, mind, and soul! If you need a boost to your spiritual wellbeing and a day to clear your mind of the day-to-day responsibilities, this is for you!

Heidi Kloeckner and Sister Linda Zahner will give chair massages to help relax the body. This is one of those extras that most retreats don't have!

The price of \$15 includes:

- a continental breakfast , including Marilyn Alferts' homemade rolls
- a homemade soup lunch, including dessert
- topics that will challenge your thinking yet relax your mind and body
- a chair massage to relax you

And, oh, did I forget to say "CHOCOLATE?" What a deal!!

You will go away feeling refreshed and rejuvenated! Bring a friend or daughter to share the day!

Please make your reservation by sending your \$15 check payable to Des Moines DCCW by October 15 to:

Eileen O'Connor

500 Spencer Ave

Council Bluffs IA 51503

This is a one-of-a-kind retreat!! Don't miss out on this event!

