

Presenting *GRACED MOMENTS* Women's Retreats**BREAST CANCER SURVIVOR RETREAT: "Healing the Body, Tending the Spirit" October 23-25, 2009**

Presenting this sacred time away is a team of our affiliates...all pastoral ministers, led by Dr. Mary Amore, our Executive Director. Join us as we explore the ways in which our shared encounters with breast cancer can lead us to spiritual transformation and growth. You will be invited to discover a pathway to healing the body and tending the soul through shared prayers, quiet reflection and group discussions. The beautiful Double Tree Hotel on Butterfield Road in Downers Grove provides the wonderful accommodations for this retreat. Secluded rooms on a "key-card" floor allow us privacy, prayer space and presentations rooms. Cost is \$250 and includes all your meals. Please call 630-268-9000 for info or visit our website at www.mayslakeministries.org.

**ADULT ENRICHMENT PROGRAMS FOR MEN & WOMEN in Lombard, IL**

Please call 630-268-9000 to register or for more information. Info also available on our website: www.mayslakeministries.org

Reading & Writing Conversational Hebrew with Karen Boton is being offered at Mayslake Ministries location in Lombard. (450 E. 22nd St., Ste. 170). This "Language of the Lord" class is open to men & women & runs for 8 consecutive weeks, beginning Tuesday, Oct. 6 at 6-7 pm at our Mayslake location (450 E. 22nd St., Ste. 170) in Lombard. Series cost/\$160.

Nutrition and Spirituality with Karen Boton is being offered at Mayslake Ministries location in Lombard (450 E. 22nd St., Ste. 170). This class will teach you many things about the psychology of eating and good nutrition, in addition to allowing you to taste new foods and experience guided imagery. This very popular class is open to men and women and runs for 4 consecutive weeks, beginning Tuesday, Oct. 6 from 7:30—9 pm. Series cost is \$100.

SABBATH TIME with Dr. Jill Bates on October 17th (Saturday) from 9 am—3 pm. What happened to Sabbath time? In this Saturday workshop we will explore our personal Sabbaths. Through discussion, reflection and prayer we'll explore: our use of time; our counting of time; what Scripture - biology - and our culture tell us about time; and how we can use our time in meaningful and enriching ways. This will be fun, constructive and hopefully, enriching. Bring your journal and your calendar (either the paper or the electronic kind!)

THE ROMAN CATHOLIC CHURCH...with Rob Inglis Nov. 7th and 14th (Saturdays) from 9 a.m.—noon, \$20 per session, Lombard.

Session I - The First Millennium surveys the Church from its founding by Jesus Christ through the Western era of Christendom. This survey includes a review of the Church's growth, persecution & triumph in the classical world, followed by the struggle & ultimate success to create and lead Western civilization into Europe's Middle Ages.

Session II - The Second Millennium continues the Church's story as the spiritual & temporal power of the West grows, matures and expands within & beyond Europe's borders. This era includes the Crusades, the mission the "New World" as well as Asia & Africa, the Reformation & Counter-Reformation, and the social-political challenges of the modern era culminating the Second Vatican Council.

The Journey Toward Wholeness in Mind, Body and Spirit with Christine Grano, Nov. 4 (Wed.) from 7-9 p.m. in Lombard Wonder if you'll ever get it together? Tired of struggling with body image/exercise/better eating? Want to rid yourself of unfruitful thinking? This quiet session offers short presentations with time to reflect, pray, be challenged and affirmed. You don't want to miss this evening! Cost is only \$15.