

MINISTRY OF SPIRITUAL DIRECTION  
ST THOMAS THE APOSTLE  
PARISH CENTER  
60 BYRD AVE  
BLOOMFIELD

**Before the Holidays Begin  
DAY RETREAT**

**Saturday November 14, 2009  
9:00am – 3:00pm**

Though the holidays bring many graces and blessings  
they often bring pressure, disappointment and  
anxiety for many of us.

Come this day and prepare your heart and attitude  
for the holidays as well as for every day.



**Presentations  
Prayer  
Quiet Reflection  
Group Spiritual Direction  
Healing Prayer Service**

**“May the God of peace preserve you whole and  
entire body, mind & spirit.” (1Thess 5:23)**

Coffee & bagels, etc  
Anna - (973) 338-9538  
Please bag a Lunch  
Offering \$20  
Please Register by Nov 12<sup>th</sup>

<http://www.stachurchbloomfield.com/ministries/spiritualdirection/>