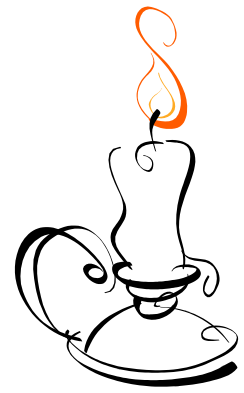


Programs to Nourish Your Spirit



Forgiveness: The Gateway to Peace

We all have times in our lives when we need to forgive others-family members, friends, neighbors, co-workers, or ourselves. Do you know what to do? Do you know how to do it? Learn the process of forgiveness, get beyond the hurt and get on with your life.

Lighten Up, Let Go, and Turn it Over to God!

Words we have heard many times. . .but what do they really mean? Explore practical ways to discover their significance in your life, how to do it, and become more peaceful and satisfied with your life.



Life is a Celebration

Is your life cluttered with too much "stuff"? Learn ways to make sense out of your life and find peace and happiness with yourself, others and with God.

Attend the Life is a Celebration class.



Creating the Spirit of Christmas in My Life

Find ways to create family traditions and make the holidays more meaningful.



Celebrate What's Right With the World

With this inspirational video by Dewitt Jones, coupled with reflection and discussion, people will discover possibilities and find solutions for many of the challenges that they face in today's world.

For more information about these and other workshops, call Sandy Keiser, LISW at Catholic Charities, (513) 241-7745



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