

## **The Integrated Catholic Woman - Lenten Mini Retreat A Retreat for Mind, Body and Soul**

*When: Saturday, March 20, 2021*

*Time: 8:00 a.m. until 12noon*

*Where: Holy Cross*

*Cost: \$25*

All women (16 & over) are invited to join us on Saturday, March 20, 2021 at Holy Cross Catholic Church for the Integrated Catholic Woman Lenten Mini Retreat: "Living Lent with Our Lady" This half day mini-retreat is designed to assist you mentally, physically and spiritually during your Lenten journey toward Easter.

We will be providing restorative nourishment for your journey with purposeful prayer, meditation, and exercise. Special guests include: Fr. Noah Carter, Pastor, Holy Cross Catholic Church, Betsy Hoyt, CPT, Pn1 of Pietra Fitness and Christine Wisdom, MS, LPC of Wisdom Integrative Counseling. Breakfast included with your registration of \$25.

The retreat will begin with Holy Mass at 8:00 a.m. at Holy Cross in Kernersville. We will meet in the Parish Hall following Mass for the remainder of the day. The retreat will conclude at 12 noon.

Register here: [tinyurl.com/121fu6e7](https://tinyurl.com/121fu6e7) please make your checks payable to EDH Solutions, LLC. or pay through the Venmo app @Betsy-Hoyt.

Have Questions? Contact Betsy Hoyt at [betsy.edhsolutionsllc@gmail.com](mailto:betsy.edhsolutionsllc@gmail.com)

