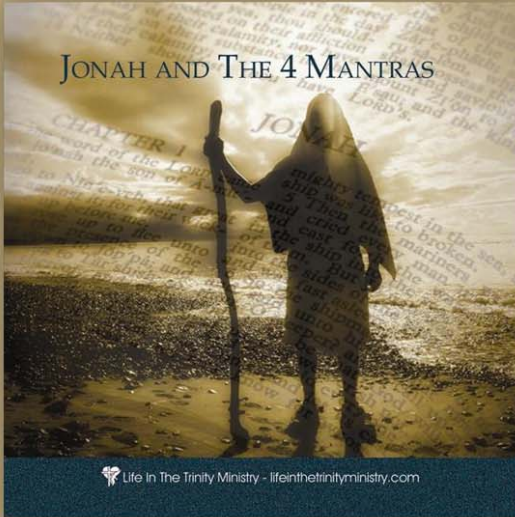


Please Join Us for a Workshop Entitled **Jonah and the 4 Mantras**



WORKSHOP DESCRIPTION: Jonah is sometimes referred to as the unwilling prophet. In this series we will explore four mantras as they relate to the story of Jonah and the unwillingness we all feel at times when God calls. The mantras coupled with the journey of Jonah encourage us to:

- **Show Up** • **Pay Attention**
- **Tell the Truth** • **Don't Get Attached to the Results**

The teaching will include some very practical steps related to the repetition and then practice of these great mantras.

CONTACT: Sister Anita Valdez at **520-325-6401** or email **conprayer@gmail.com** for more information.

SCHEDULE: The workshop will be held at the **Benedictine Monastery, 800 N. Country Club, 7-9 PM Friday March 19 and 9AM-3PM on Saturday March 20.** The cost is \$45 in advance through March 8th, or \$50 at the door with lunch on your own. Lunch eateries are within walking distance.

This workshop is sponsored by the Benedictine Sisters Monday Night Contemplative Prayer Group and The World Community for Christian Meditation-USA.

Instructor: Suzanne Stabile is a sought after speaker and teacher, known for her unique and creative approach to the practice of Spiritual Formation. She is the co-founder and animator of Life in the Trinity Ministry, in Dallas, Texas. Ms. Stabile received her B.S. in Social Sciences at Southern Methodist University in Dallas, where she completed graduate work in the School of Sociology and Perkins School of Theology. She has served as a high school professor, and as a high school and college women's basketball coach. Ms. Stabile was the founding Director of Shared Housing, a social service agency in Dallas, TX. Her engaging speaking style brings to each one of us a personal and creative response as we ponder the 4 mantras in our lives.

JONAH AND THE 4 MANTRAS: Suzanne Stabile, March 19 and 20, 2010 at the Benedictine Monastery - Tucson

TO REGISTER:

Please contact Sister Anita Valdez at 520-325-6401 or detach this form and send your check to:

I would like to attend the Jonah Workshop, March 19 & 20, 2010

_____ Number of tickets reserved.

\$ _____ Amount included.

BENEDICTINE MONASTERY
Jonah Workshop
800 N. Country Club Rd.
Tucson, AZ 85716-4583.

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

Cost for 2-day workshop: **\$45/person for advance registration through March 8th.**

Please arrive early. Tickets may also be purchased at the door: cost \$50.