



CSJA Annual Retreat

Our CSJ/CSJA Charism: To Live in the Vulnerability of Love

April 6 - 8, 2018

Presented by Mary Lou Mitchell, CSSJ

Mary Lou Mitchell is a Sister of St. Joseph of Rochester, New York. She has lived in the midst of the CSSJ charism for forty years and considers it one of the greatest blessings of her life. Mary Lou is a professional nurse who holds advanced degrees in nursing from Catholic University and the University of Rochester. She has studied the gifts of health and healing through the interplay of mind, body, and spirit throughout her nursing career. She has also been a student of the eastern practice of mindfulness for the last twenty-five years. Mary Lou is currently the Director of Pastoral Care at St. Ann's Community in Rochester NY where she has the pleasure of serving the elders of the Rochester community.

No rooms are available before 3 pm Friday

For those coming Friday evening, we will gather at 6:30 pm in the Medaille Room.

For those coming on Saturday, we will meet in the Medaille Room at 9:00 am.

COST:

For Saturday (9:00-3:30 pm) is \$40.00

For Saturday w/dinner (9:00-6:00 pm) \$50.00

Saturday day & night + Sunday brunch \$85.00

All weekend (Friday - Sunday) is \$125.00

Sunday only with Mass & brunch is \$10.00

Scholarship money is available.

Send your donation to: Kathy Lotzmann
105 Wingate Drive
Pittsburgh, PA 15205

Reservation due by March 26, 2018

Name _____ Phone No. _____

_____ I plan to eat supper at the Motherhouse on Friday evening (5:00-6:00 pm)

_____ # of people attending 10:00 am Sunday Liturgy and Sunday brunch.

