## "Life Transitions: Keeping Calm during Chaos." Women's Retreat

**Presenter**: Carol Mullins from Quiet Whispers Ministry

Place: Fourteen Holy Helpers Parish,

1345 Indian Church Rd, West Seneca, NY 14224

Date: Saturday, February 10th

Time: 8:30AM - 12 PM

Cost: Free, a good will offering would be appreciated to defer costs

Opening Mass begins in the church at 8:30 AM followed by breakfast goodies and beverages at Msgr. Ebner Hall.

The retreat begins in Msgr. Ebner Hall at approximately 9:30 AM and ends at 12PM. Lunch will be served at 12 PM if you would like to stay for a meal and fellowship.

RSVP by Thursday, February 1st to: Fourteen Holy Helpers Rectory at 716-674-2374 or via email religioused@14hh.org.

Life is about change! How do we handle the changes that happen whether we like them or not? This topic is only relevant to women who have experienced any kind of changes in their lives...and that would be all of us!

If you are like the rest of us women, then you will want to register to attend "Life Transitions: Keeping Calm during Chaos."