Growing *in Grace*





Mindfulness - Being Truly Present and Open to the Divine Presence

We hope you will join us on November 18 as we explore mindfulness practices that reduce stress, quiet your mind, and help you hear what God is saying to you. You'll have an opportunity to learn about and practice several meditation techniques and to discuss proven methods for feeling more fully present and improving your prayer life.

*The session will be **facilitated by Elizabeth Pattara Schuster**, a member of Saint Clement parish, the President of Regina Dominican High School, and a certified teacher of meditation and yoga.*

REGISTER TODAY!

clement.org/growingingrace

SATURDAY, NOVEMBER 18

10:00 a.m. - 11:30 a.m.

with hospitality to follow

Saint Clement Parish Chapel