

SERENITY:



A Way of Life

With

Ruth Altamura Roll

Licensed Professional Counselor

Saturday

March 3, 2012

SERENITY: A Way of Life

9:00am—3:00pm

Does it feel as if you have no time for you in your life? Does not having time for you in your life create feelings of anxiety, distress, or sometimes just a feeling of being blue? Join us and learn about serenity as an answer to those feelings. Serenity is not only a frame of mind; it is also a way of life.

The Retreat/workshop day will be presented by Ruth Altamura Roll, MA, NCC. LPC a Licensed Professional Counselor and Associate of CSJB.

Cost: \$55 (meals included)

Deposit \$25

Please make checks out to:

The Community of St John Baptist

and send to:

Sr. Pamela, CSJB
Community of St. John Baptist
P.O.Box 240
82, West Main Street
Mendham
NJ 07945

973-543-4641 ext. 9

For directions see our web site www.csjb.org



Registration Form

SERENITY: A Way of Life

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I enclose a check for \$25 deposit. Make check payable to: **Community of St. John Baptist**
Mail to: Sister Pamela, CSJB, P.O.Box 240, Mendham, NJ 07945

Name:.....

Address:.....

City:..... State/Zip:.....

Telephone:..... Email:.....