

Even God Rested:

Cultivating a Heart for God in the Midst of Life's Demands



During Lent, Christians take stock of their lives. We think about God's gift of Himself in Jesus and we ask ourselves what it means to faithfully follow Jesus Christ. We consider what kind of lives we want to have and what we might need to do to experience a rich life in Christ.

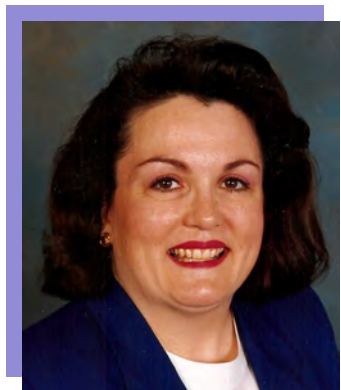
It's difficult to know Jesus and to follow Him when we are so busy that we hardly have time for the essentials of human life.

This Lent, we invite you to consider what it means to practice Sabbath rest. What would that look like in your life? In your family's life?

What is 'Sabbath rest'?

How might the regular practice of Sabbath—which is much more than going to Mass on Sunday—change your life?

We invite you to come explore some simple practices that will help bring peace and serenity into your life, bring you closer to Christ and help create in you a 'heart for God' that will sustain you long after Lent ends.



Presenter: Dr. Jackie Witter

Church of St. Peter, Mendota
1405 Sibley Memorial Highway, Mendota, MN 55120

Saturday, March 8

9:00 A.M.— Noon

Light lunch at noon

Fee: \$35.00, includes materials, morning refreshments and lunch.

To register or for more information: contact Lisa Amos, lamos@stpetersmendota.org or 651-905-4304