

Are you tired of worrying?

7:00pm Friday, January 25 through
1:30pm Sunday, January 27, 2019



Give Up Worrying in the New Year! with Gary Zimak, Catholic Speaker & Author



In this retreat, you will learn simple and practical techniques for letting Jesus free you from your anxiety. Using Scripture, prayer and practical advice, Gary will help you to find the peace you desire!

Gary Zimak is the author of several books, including *A Worrier's Guide To The Bible*, *Stop Worrying & Start Living* and *Give Up Worry For Lent*. He is a frequent speaker at parishes and conferences across the country and is recognized as the leading Catholic speaker on the topic of overcoming anxiety.

Cost: per person/shared \$240 (\$260 after 1/4) single \$340 (\$360 after 1/4)

Commuter: \$200 includes all meals & presentations

For information or to register call Marlene at 310.377.4867 x234 or email mvelazquez@maryjoseph.org or register online at www.maryjoseph.org

Please see website or Program Guide for Cancellation Policy.

MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867 Fax: (310) 541-1176

www.maryjoseph.org

Email: mvelazquez@maryjoseph.org

RETREAT RESERVATION ~ Please return this form with your payment. Thank you.
"Give Up Worrying in the New Year" Gary Zimak, 7pm Fri., Jan. 25 - 1:30pm Sun., Jan. 27, 2018

NAME _____ PHONE (_____) _____

ADDRESS _____

EMAIL _____

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