Choose Life: 
**Self-Care as a Practice of Stewardship**

presented by Sister Suzanne Mayer ihm

The Native Americans have a saying passed down from ancient times: The strength of a tree comes not from growing thicker in the good years when there is water, but from staying alive in the bad dry times.

In this time in which we focus on the virtue of stewardship, one gift that we need to foster and treasure is the gift of our self, our inner life, our spirit of resiliency.

Using iconic models of resiliency, this presentation will look at how building on the strengths within ourselves and our community can help each of us to take better care of the person God calls us to be.

Monday, October 21, 2013 PM DHS

Wednesday, November 20, 2013 PM DHS

Thursday, January 09, 2014 PM FSC

Monday, March 24, 2014 PM FSC

PM = Lunch at noon; Program 12:30-3:30 pm

AM = Program 9:00-12:00; Lunch at noon

FSC = Franciscan Spiritual Center at OLA Convent

DHS = Devine Hospitality Suite in Mirenda Center

RSVP to Sister Mary Ann at mccarthm@neumann.edu at least 10 days before each event.

Space is limited and registrations will honored in the order they are received.