

## **Retreat for ONE Day!**

If you only have a day and you want to join us, here's how you do it!

It will cost \$25 for the day and  
**you must contact Sandra in advance by email.**  
Don't forget the *'in advance'* part of this deal.

Remember, space is limited!  
Here is Sandra's email address: [sandra.murray@earthlink.net](mailto:sandra.murray@earthlink.net)

I hope we'll see you there!