

Letting Go: *A Spirituality of*

imPERFECTION

Do you feel overwhelmed with work, family, and ordinary everyday stress? As business women, mothers, homemakers, and everything in between, we sometimes think we need to do it all, do it perfectly, and do it effortlessly. We want to feel loved; we want to feel connected to others; we want to matter. But often we run aground trying to be perfect.

What we really need is the courage to be imperfect, the courage to care for ourselves and be our authentic selves.

Join us for our Fifth Annual "Fat Tuesday" Lenten Breakfast and a presentation by speaker Anne Kertz Kernion, artist and owner of *Cards by Anne*, who will guide us to an understanding of the Lenten Season as a time of transition. She will share insights and tips for letting go of negative emotions and resistance to positive emotions.

Tuesday, March 4, 2014

KEARNS SPIRITUALITY CENTER

9000 Babcock Boulevard

Allison Park, Pa. 15101

7-9 a.m.

\$30 includes breakfast & presentation

To register

Call 412-635-5437 or complete form below and return by February 21,
or click the *Lenten Breakfast* button to register online.



Sisters of Divine Providence Fifth Annual Lenten Breakfast

Letting Go: A Spirituality of Imperfection

Kearns Spirituality Center, March 4, 2014, 7-9 a.m.

Name _____

Address _____

City, State, Zip _____

Email _____ Primary Phone _____

No. of tickets _____ @ \$30 each = \$ _____

I cannot attend but would like to make a donation of \$ _____

Total enclosed: \$ _____

Make check payable to *Sisters of Divine Providence*, Development Office, 9000 Babcock Boulevard, Allison Park, Pa. 15101. (Note: \$15 of the \$30 cost is tax deductible)

