

The Inter-Parish Marriage Enrichment Team (IMET) Presents our 10th annual Marriage Enrichment

Mindfulness in Marriage

Living and Loving in the Moment



- Learn that having a “mindful marriage” is living and loving in the moment.
- How to face the endless distractions, which are the norm in our present culture.
- Discern how mindfulness allows us to be more centered and calm and allows us to communicate clearly from the heart.
- Explore ways to stay in the present, to pause before responding, to slow down and to pay attention through couple discussion, reflection and written exercises

Our Speakers:

Butch and Linda Moses have been leaders in marriage and family ministry for 35 years. They have spoken across the country on marriage, parenting and the sacramental life. They are the only couple to have ever been elected co-presidents of the National Association of Catholic Family Life Ministers. Couples across the country have responded to their down-home, “in your kitchen” style of sharing and presenting.

Opening remarks and prayer by Bishop R. Daniel Conlon

Saturday, March 10, 2018

9:15am – 1:15pm

couples are invited to attend the 8:15am parish Mass

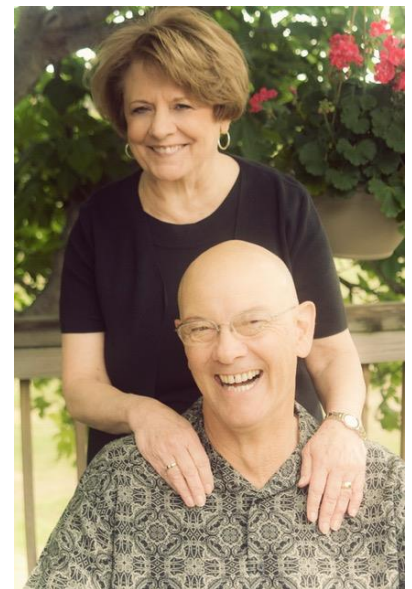
St. Joan of Arc Church

820 Division St., Lisle, IL 60532

Tickets available on our website at www.imetevents.org

\$35 per couple / \$18 per individual

(\$30 per couple/\$15 per individual if ordered by 2/14/18)



Names: _____ Phone: _____

Address: _____

Email: _____ Parish: _____

Please mail with your check **made out to IMET** to :Cathy and Phil Gorski, 633 Maywood Ln., Lisle, IL 60532

OR register by Pay-pal on our website at www.imetevents.org