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St. Madeleine Sophie Parish
4400 130th Place SE
Bellevue, WA 98006
Attn: Men's Lenten Retreat

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**St. Madeleine Sophie Parish
4400 130th Place S.E.
Bellevue, WA 98006**

Men's Lenten Retreat February 9 & 10, 2018



Preparing for the Lenten Journey in the Footsteps of St. Francis

With Ann LaBeck and Sr. Chris Still

Retreat presented by
St. Madeleine Sophie
Catholic Church
Men's Spirituality Team



Ann LaBeck is a pastoral minister, educator, and musician. She has presented retreats and workshops at the local, regional and national level. She is currently a Pastoral Assistant at St Madeleine Sophie Parish in Bellevue, WA and has served the Church in Western

Washington in youth, young adult, and social justice ministry for over 40 years. She has been on the field staff for the Seattle Archdiocese's Office of Youth and Young Adult Ministry as a trainer for parish youth ministers, and as a site director for service immersion weeks. Ann also has a long history of service to the Church as a cantor, choir director and leader of prayer. She has traveled to Jerusalem, West Bank, Gaza and El Salvador with Catholic Relief Services. She is a graduate of Fort Wright College of the Holy Names and holds a BA in Humanities/ Psychology, M.Ed in Religious Education along with the CMD Certificate in Ministry Studies.



Sr. Chris is a Sister of St. Francis of Philadelphia. She is the Charism Promoter for her religious congregation. She has been a teacher, coach, referee, summer camp staff member, youth minister, vocation director, and presenter. Presently living in Tacoma, she is a native of Seattle and has spent most of her life here in

the Northwest. Sr. Chris enjoys spending time with her large family including 16 nieces and nephews and 6 great nieces and nephews. In her "spare" time she loves to go on mission trips, go camping, work in the garden, read, and watch sports. Sr. Chris is a credentialed teacher and has taught pre-school through college. She has a BS in Health and Physical Education, an MST in Adapted Physical Education and a Masters of Arts of Pastoral Studies. She is Franciscan through and through and loves sharing the Franciscan charism, spirituality and theology with others.

Preparing for the Lenten Journey in the Footsteps of St. Francis

- ***Simplicity*** (A spirituality that is genuine; without pretense)
- ***Poverty*** (Love of Gospel poverty develops confidence in the Father and creates internal freedom)
- ***Humility*** (The truth of what and who we really are in the eyes of God; freedom from pride and arrogance)
- ***A genuine sense of minority*** (The recognition that we are servants, not superior to anyone)
- ***A complete and active abandonment to God*** (Trusting in God's unconditional love)
- ***Conversion*** (Daily we begin again the process of changing to be more like Jesus)
- ***Transformation*** (What God does for us, when we are open and willing)
- ***Peacemaking*** (We are messengers of peace as Francis was)

Men's Lenten Retreat

February 9 & 10, 2018
Koinonia Room
St. Madeleine Sophie Parish

Friday

6:30pm - 7:30pm Check-in and Dessert
7:30pm - 8:30pm Program

Saturday

8:30am Continental Breakfast
9:15am - 3pm Program
(includes lunch and breaks)

advance registration requested

\$35 includes Friday dessert, Saturday breakfast, lunch, snacks and all materials.
(scholarships available)

- Please let us know your special dietary needs **by Feb. 5th**

Questions?

Please contact Retreat Coordinator:
Ken Ramsey 425-746-3463