

# Catholic Moms Retreat

Nurturing Your Heart, Mind, Body, and Soul



## January 7-8, 2011

held at Bishop Lane Retreat Center,  
Rockford, IL

featuring as  
Retreat Leader

Lisa M. Hendey

Creator of [CatholicMom.com](http://CatholicMom.com)

**This retreat will help “care for the one who takes care of everyone else!”**

The Office of Family Life is excited to welcome Lisa Hendey, creator of the popular website [CatholicMom.com](http://CatholicMom.com) as she draws from the deep Tradition of our Catholic faith to coach Catholic moms to care for Themselves — Heart, Mind, Body, and Soul — so that you can better love and care for your Family, your Neighborhood, and your Church.

Lisa and her husband Greg reside in Fresno, CA with their two sons and recently released her best-selling first book, entitled ***The Handbook for Catholic Moms: Nurturing Your Heart, Mind, Body and Soul***. Her recent projects include Productivity@Home, a blog site that examines the topic of personal productivity in the home and family environment, and Catholic Moments Podcast, with weekly interviews exploring faith and family resources on the Internet. As a freelance writer, her articles have appeared in the *National Catholic Register*, *Our Sunday Visitor*, *Faith and Family Magazine*, *Canticle Magazine*, *Grapevine Magazine* and *Kids' Ark Magazine*.



\$75 for Shared Room, \$55 for Commuters.

Arrival is 6:00-6:30pm with dinner starting at 6:30pm. Retreat includes time for confession and adoration. We will conclude with a vigil Mass on Saturday.

**For more details and to register, check out the Office of Family Life website at [www.familylife.dpsrfd.org](http://www.familylife.dpsrfd.org) or call (815) 399-4300.**