

GATHERING MANNA

Moment by Moment Spirituality for Moms



...IS COMING TO ST. ELIZABETH ANN SETON MARCH 19TH

Lauren Nelson is the creator of Gathering Manna: Moment by Moment Spirituality For Moms. This ministry exists as an apostolate to help Catholic moms find more peace, joy, and purpose in their lives through contemplative and liturgical spirituality.

She has found great joy and strength through adopting a moment-by-moment relationship with God, as taught to us by the Carmelite and contemplative saints, and it is her mission in life to share these beautiful truths with your group! She draws her resources from the writings of the saints, and the Holy Fathers, as well as modern creatives and theologians who have helped us to dig in to the rich tradition that is ours in Christ.

MORNING TALK: HOW TO KEEP YOUR KIDS CATHOLIC IN THE MIDST OF SCANDAL AND CRISIS

- What is the ONE THING needed to transmit your faith to your children and grandchildren?
- Hear practical steps you can take to make your Catholicism real and contagious to your family
- Learn how to encounter God daily, passing on a lively relationship with your Catholic faith that will stand the test of time
- The secret to inoculating your children against atheism

EVENING TALK: PRACTICING THE PRESENCE OF GOD FOR MOMS

- Discover practical tips to experience God's presence and pray wherever you are whether at work or at home
- What is the secret to really thriving as a mom, instead of of just surviving?
- Be inspired, encouraged, and equipped anew

CONTACT

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