



Women's Retreat:
Let Go & Let God



Date: Saturday, July 13, 2019

From: 8:30 am (check-in) - 5 pm (end of Mass)

Location: Family Center (St. Genevieve Campus)

Cost: \$40 (breakfast, lunch, snacks & guest speaker fee)

RSVP: Required (seating limited)

*Speakers: Jean Gatz (Internationally known inspirational speaker)
& Sheila Toups (Flame of Love Rosary)*

First come, first serve.

Please RSVP to Jessica Harvey at (985) 414-1149

to reserve your spot.



Retreat hosted by Court Genevieve of Paris #2496





Jean Gatz

Wit with Wisdom... Humor with Heart®

Programs for Christian Women

Jean Gatz, nationally known inspirational speaker and award-winning author, inspires women to face their daily challenges with faith, hope, trust, confidence and courage. Weaving God's word together with her gentle humor and personal stories from her own faith journey, Jean gives women a chance to catch their breath and take a break from their busy lives in the safe and caring environment she creates with her refreshing, heartfelt message.

As a wife, mother, grandmother, daughter, sister and friend Jean connects with women of every age and every stage of life. Whether they're married or single, career focused or retired, raising their children or caring for their aging parents (or both!) Jean's message leaves them renewed and refreshed in mind, body, spirit and heart.

Choose from Jean's most popular programs for your next women's retreat, morning of reflection or for any event that brings the women of your church together.

- ♥ **Refueling Your Spirit When You're Running on Empty**
- ♥ **Building a Balanced Life with God at the Center**
- ♥ **Finding the Fabulous Woman Within**
- ♥ **Seeing God in "Imperfect" People**
- ♥ **Clean Out "the Junk Drawer" in Your Mind and Heart**
- ♥ **Have Yourself a Stress-Free Little Christmas... and Life!**

Can't decide which topics are "The Perfect Fit" for your event?

Explore programs and videos at www.jeangatz.com

Then call Jean: 225.907.4138 or email jean@jeangatz.com

Jean is ready to bring her Wit with Wisdom & Humor with Heart® to your event!

"God has given you a wonderful gift and great talent. We are so glad you are using it to serve Him." ❖ "Jean has a remarkable talent for sharing stories that enrich others' faith by connecting to the soul." ❖ "Your ability to focus on people and relationships is amazing!" ❖ "You are a woman of great faith and great strength. God is using you and your message in life-changing ways!" ❖ "What a blessing you have been to us!"

Jean's most popular topics for Christian women's programs:

♥ **Refueling Your Spirit When You're Running on Empty**

All of us feel "empty" at times, especially when we're tired, stressed, overwhelmed, alone, frustrated, angry, sad or even hopeless. Jean's "7 Step Plan to Refuel Your Spirit" empowers women to face their daily fears, anxieties and worries with faith, hope and trust. If we are in right relationship with God, we know who we are and we know the plan and purpose He has for our lives. Jean's personal stories about how her faith has helped her during difficult times provide inspiration and encouragement for women of all ages — from 21 to 101.

♥ **Finding the Fabulous Woman Within**

You know she's in there somewhere...that extraordinary woman God created when He made you. But she often gets lost in the cares and chaos of everyday life. Jean blends Scripture with her original stories to help you handle life's challenges with faith, wisdom, courage and a sense of humor. Whether you're married or single, career focused or retired, raising your children or caring for your aging parents (or both!) this program will make you think, make you laugh, and renew your spirit — especially on those days when you're not feeling very fabulous!

♥ **Seeing God in "Imperfect" People**

God made us all in His perfect image and likeness. But have you ever wondered why He put so many "imperfect" (and sometimes difficult) people in your life? You can't change them, but you can change how you interact with them. Understand "where they're coming from." Maybe they're feeling angry, frustrated, sad, lonely or afraid. Or maybe they need an encourager to listen...to be present...to understand. God wants you to be in safe, healthy relationships. And He knows it's often difficult to see Him in those people who are getting on your last nerve.

♥ **Building a Balanced Life with God at the Center**

Ever had a day when life wasn't going as planned — when it felt like your life was not only unbalanced but totally upside down? We can't be in charge of life's challenges, but God has given us the free will to choose how we handle those challenges. We can whine, complain and give up. Or we can trust God and ask Him for help and guidance to do the best we can. No matter what age and stage you are in life, you'll laugh while you learn how to bring Balance — and JOY — into your life, as you focus on taking care of yourself in mind, body, heart and spirit.

♥ **Clean Out "the Junk Drawer" in Your Mind and Heart**

In addition to the over-stuffed junk drawers we have at work and at home, we also have another "junk drawer" in our minds — often filled with self-doubt, anger, fear, frustration, guilt and anxiety — that make us feel inadequate and unworthy. Instead of feeling overwhelmed by our problems (and the ones others unload on us) we can ask God to intervene. And He wants us to ask! The results: peace of mind, healthy and respectful relationships and a new outlook on life as we unburden our minds and hearts and put our trust — and our lives — in God's care.

♥ **Have Yourself a Stress-Free Little Christmas... and Life!**

Do you eagerly await the holidays...and then count the days until they're over? You're so busy meeting others' needs that you sacrifice the very things you need to survive. Jean shares 12 special "Gifts" you can give yourself — gifts that require no shopping, spending, wrapping, cooking, serving or decorating! Discover simple yet rewarding ways to prepare during Advent so you can enjoy your holidays...and your LIFE. Learn how to use God's grace to focus on the people and relationships that really matter — not just at Christmas, but all year long!

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