

How are you at making decisions?
Are there any decisions you know you're putting off?
Would you like to have the 'tools' to make better decisions?
Do you often feel confused about the way forward/ conflicting advice?



To go on with a relationship
To make a commitment
To change or choose a path in life
To know what is truly 'life-giving' in the way you are living



*Choose
Life!*



A non-residential Workshop on Discernment and Decision-Making for Adults 18-40

Saturday 21st and Sunday 22nd April 10.00 a.m. - 5.00 p.m.
Old School House (St. Johns Road, L36 0UX Huyton
- only half an hour away from Liverpool City Centre)

- ⇒ Have time for yourself: to breathe, to relax, to reflect
 - ⇒ Get in touch with what you really want, your deepest desires
 - ⇒ Listen to the voice within, always calling you to greater life
 - ⇒ Learn in an experiential way about discernment and decision-making
 - ⇒ Share with others
 - ⇒ Maybe even find a decision emerging... the next step...
- ◆ Inputs
 - ◆ Times for reflection
 - ◆ Music
 - ◆ Creativity
 - ◆ Sharing
 - ◆ Tools of Ignatian Spirituality

The workshop is offered by the Helper Sisters - an international Ignatian congregation.
If you are interested, please **apply by 17th April!**

Contact: maryrosefitzsimmons@btinternet.com, 07770 830290

Suggested donation: Waged £15.00, Students and unwaged £10.00
(includes a light lunch each day).