

## **Slow-down Saturdays**

✦ half day retreats in 2009

Step out of the rush of  
everyday life  
Sit and spend some time  
with God



*... .. connecting, renewing and refreshing.*

### **DATES and time**

**Saturday 21 March 2009**

Rolling Back the Stone

**Saturday 6 June 2009**

Opening the Gate

**Saturday 22 August 2009**

What's in a Name

**Saturday 14 November 2009**

Who Am I

8.30am ~ 12.30pm

St Francis Retreat Centre, Hillsborough Rd

\$15 per person, morning tea included.

Limited spaces.

For more information or to confirm  
your place contact Rachel Mackay.

Phone: 631 7831 or 021 251 9051

Email: [rachel@greyfriars.org.nz](mailto:rachel@greyfriars.org.nz)

\* There may be some  
change required to  
dates but retreat  
attendees will be kept  
informed.