



*Be still before the Lord and  
wait patiently for him !*

*Palm 37:7*

As women we are all so busy - how often do we stand still and spiritually recharge?

Give yourself the gift of a day of peace and prayer. You will deepen your relationship with Christ as you enjoy guided meditations, quiet reflections and spiritual enrichment.

**You are Kindly Invited to a “Women’s Retreat”  
“Pray, Restore, Renew”.**

This *day retreat* is offered throughout the year  
at different parishes and retreat centers.

For more information please contact Joy at [joyjoanna@gmail.com](mailto:joyjoanna@gmail.com) or 224.315.9507

Sessions will be led by Joy Anderson who has been leading meditative prayer to groups and individuals  
for 25 years.

Joy,

Thank you for a wonderful retreat on Friday. I am grateful always for your guidance. It takes some time to process the day and I am thankful that I can return to that place of peace again and again. You always supply good reference material as I found so much in my short read of a few pages of Fr. Langford's book. It is definitely on my wish list.

Wishing your family a blessed Thanksgiving,

Lydia

Hi Joy,

Today was just what I needed. In the busyness of life, going deeper with my personal relationship with the trinity is just what I needed. I love the 3 forms of prayer and use them often especially in our adoration chapel. At the chapel I can't relax as much as I did today. You helped guide me beautifully. All your prayerfulness in your preparation was perfect. Thank you. Holy Spirit for guiding Joy in a perfect way.

Have a blessed Thanksgiving. You can be proud of your retreat today.

Diane

Joy, that was a great retreat, I loved it! Gave me a lot of awesome tools! And how unreal was that when I revealed my story w Diane. Can you please reach out to me when you're doing any more session? Thank you! Sheila

Hey Joy,

This was wonderful. I can go so much deeper when you are guiding me. I love your voice. I uses your recordings the entire time especially when I am flying. Your voice is calming and it led me to be able to meditate deeper than I am able to do on my own.

Thanks, Terry

Hello, Joy!

I wanted to write to say thank you for the retreat on Friday.

Your retreat was SO wonderful! Thank you for offering it during the day--I hope the timing worked for you as well and you will be able to offer a week day retreat again in the future. And I'm not sure what your other space options are, but I really thought that having it at Sisters of the Living Word was a big part of how special it was for me. The space was just so comfortable and peaceful.

Again--thank you so much for all that you give of yourself to help others grow in holiness.

May you have a blessed Thanksgiving!

Peace,

Sandra