

# Fill My Cup, Lord:

## A Spiritual Retreat for Moms Smack-Dab in the Middle of Summer



Everyone loves summer in Minnesota. We love the extra long days, the unstructured time with our families, time to play outside, and spectacular weather. For most people, it is the best time of the year.

Yet, summer demands can also take a toll on our souls. By mid-summer many moms feel weary. After weeks of pouring out all day, moms need to have their cups re-filled. That's why this retreat is offered smack-dab in the middle of summer.

Plan ahead now for a weekend away to care for your soul. Come to this guided prayer retreat for moms just like you.

Consider inviting your friends to join you. You will enjoy time for silent reflection and prayer, creativity, and sharing with other moms all in the sacred space of the monastery.  
(Limit 12 participants)

**When:** July 15 - 17, 2016 (Friday, 7 p.m. - Sunday, 1 p.m.)

**Where:** St. Benedict's Monastery  
Spirituality Center  
104 Chapel Lane, St. Joseph, MN

**Cost:** \$250.00, includes lodging in private rooms, meals, and materials for guided retreat.

**Contact:** To register, e-mail [lisa.j.ervin16@gmail.com](mailto:lisa.j.ervin16@gmail.com) or call 952-393-7528.

**Retreat Facilitator:**

Lisa J. Ervin, MA, LMFT, is a mom, a spiritual director and licensed psychotherapist. She is passionate about supporting women in their journeys of healing and spiritual growth. To learn more about Lisa, visit her web-site at [ervincounselingmn.com](http://ervincounselingmn.com).