

# ONLINE SPIRITUAL RETREAT

## The Christian Dance of Life!

This online retreat will focus on our life journey. We will explore pain and suffering in the 1<sup>st</sup> hour. In the 2nd hour we will turn to faith, hope and love. We will learn how to use faith hope and love to help continue our life journey when pain and suffering are holding us back. Do something very special for yourself and take 2 hours out of your day and treat yourself to some very much needed self care. It might be the best 2 hours you have invested in a long time! Find out that you are not alone on this life journey. There are strength in numbers!



*Joe Stevens has been touched by Mental Illness in a very profound way. His father, brother, sister, ex-wife, and his current wife all live with mental illness. Joe has been facilitating the NAMI Eastside Spirituality Support Group for over 10 years. He is a member of the NAMI National Hall of Fame and was awarded the 2016 Outstanding Achievement Award by NAMI Eastside. Joe has presented over 35 spiritual retreats on various topics from God's Unconditional Love to Forgiveness.*

**SATURDAY, AUGUST 22, 2020**

**10.00 AM TO 12.00 PM**

**Register:**

**[www.nami-eastside.org](http://www.nami-eastside.org)**

