

# Grace and Gratitude

Cultivating a Grateful Heart that Believes Enough is Enough

Saturday, March 26, 2022

facilitated by Christine Jurisich



How do you cultivate a grateful heart in the middle of a stressful time? It is easy to become overwhelmed by the news these days yet God's grace *is* alive and abundant. In this retreat, you are invited to a deeper awareness of God's grace - in your most joyful, ordinary, and painful moments - as inspiration to live a life of gratitude. Spend some time reflecting on how to open your heart, recognize what is enough in your life, and be inspired to cultivate a gratitude practice that can sustain you no matter what is happening in your life.

**Christine Jurisich**, is a retreat facilitator, author of "Retreat, Reflect, Renew: A Sacred Journal for A More Peaceful You", and foundress of Retreat, Reflect, Renew, a retreat ministry offering day and online retreats. Christine has been in pastoral ministry locally and nationally for the past ten years, is a staff member for the Sacred Journey Discernment program at Mercy Burlingame, and in formation to be a spiritual director.

Learn more at [www.RetreatReflectRenew.org](http://www.RetreatReflectRenew.org)

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## REGISTRATION - GRACE AND GRATITUDE - MARCH 26, 2022

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Credit Card # \_\_\_\_\_

\_\_\_ Visa \_\_\_ Mastercard \_\_\_ Amex Exp. Date \_\_\_\_\_ CID

COST: \$35 (includes lunch)



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603** ▪ 530-887-2019  
You may also call with a credit card number or register online at [www.mercycenter.org](http://www.mercycenter.org)