

Grace-Filled Grandmothering: A Weekend Retreat for Grandmothers

*"Grandmothers hold our hands for awhile but
our hearts forever" [anonymous].*

There is nothing quite like the joy of being a grandmother! During this retreat, you will have the opportunity to reflect on what grandmothering means to you. There will be time for story-telling, personal reflection, rituals and sharing as you engage your own story and your role as a grandmother. You will be given privileged time in a prayerful, positive setting to explore the joy, hopes, dreams and challenges you experience in being a grandmother to your grandchildren. Join other women as we grow together in our understanding of what it means to be 'graceful grandmothers.'

7 p.m. Friday Nov. 5– 1 p.m. Sunday Nov. 7

Registration: \$249.00 (includes 2 nights accommodation & meals
(\$259.00 after Oct.. 31)



Sandy Prather, B. Ed, M.Th., teaches and facilitates in the areas of faith and spirituality. She draws upon her theological training and faith perspective to 'break open the ordinary' so that we might know God 'amidst the pots and pans.' She holds a Bachelor of Education degree from the University of Alberta and a Master's of Theology degree from Newman Theological College. Sandy is the Director at Star of the North Retreat Centre in St. Albert, Alberta, a position she has held for nineteen years. She is the proud and happy grandmother of ten grandchildren, five boys and five girls, who range in age from sixteen years to one year old.



Pam Melnyk has a Bachelor of Education and a Graduate Diploma in Special Education. She has taught in Saskatchewan and Alberta for nearly 30 years. Recently retired, she enjoys travel, books, puzzles and entertaining friends. Pam is Nana to four boisterous boys, two of whom live in Europe.



www.starofthenorth.ca

Call 780-459-5511 to register