



**St. John the Evangelist Parish invites you
to the 2010 Men's Day Retreat**

Breathe, Just Breathe

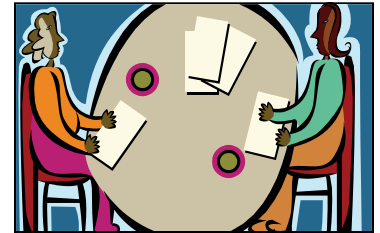
Come away from the chaos in your life and refocus your sights
and your vision.

**Saturday October 23, 2010
8:30am-3:00pm**

Bishop Claggett Center, Buckeystown, MD.
Facilitator: Mr. Joe Swiss

Fee: \$45 includes lunch.
Scholarships are available.

Contact Amy Spessard for more information
amy.spessard@stjohn-frederick.org or
301-662-8288 x1102



Registration form for 2010 Men's retreat

Please return form and payment to:

St John Parish

112 East 2nd Street, Frederick, Md. 21701

Attn: Amy Spessard

Name: _____

Address: _____

Phone (h): _____ (c) _____

Email: _____

Registration Deadline: October 6, 2010