

FOR IMMEDIATE RELEASE: October 4, 2011
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FOR INFORMATION: Dr. Mary Amore, Executive Director, 630-268-9000

WOMEN WHO DO TOO MUCH – IT’S TIME DO SOMETHING FOR YOURSELF!

Mayslake Ministries of Lombard, IL. If you are a woman with 101 things on your to-do list, there is just one more thing you need to add to your list – time for yourself. Mark your calendar for Friday and Saturday, November 4th and 5th and make time for Mayslake Ministries’ women’s retreat “For Women Who Do Too Much.”

If you are overwhelmed with the demands of daily life, you are invited to take the first step on a spiritual journey toward a stress-free life filled with God’s peace, love and joy. The retreat will be held at the Hilton DoubleTree Hotel in Downers Grove, and will seek to help you refocus, rejuvenate, refresh, and renew yourself in mind, body and spirit.

The retreat is led by Dr. Mary Amore, and Mary Kay Vincenti, and begins with registration from 5 to 7 p.m. on Friday and ends at 3 p.m. on Saturday. Price is \$175 per person, double occupancy and includes a wine and cheese reception on Friday evening, and breakfast and lunch on Saturday. Commuter rates are offered at \$75 for Saturday only and \$100 for Friday night and Saturday. Register online at www.mayslakeministries.org or by phone at 630-268-9000.

Mayslake Ministries is a lay-based, not-for-profit spiritual center founded in the Franciscan tradition. We transcend invisible lines of parish, church and diocese to reach out to all who seek to deepen their relationship with Jesus Christ, through retreats spiritual direction, and adult faith formation programs.

MORE ABOUT THE PRESENTERS

Dr. Mary Amore holds a Doctor of Ministry degree in liturgy and a Master of Arts in Pastoral Studies from Catholic Theological Union. Dr. Amore is the author of Primary Symbols of Worship and the Call to participation, as well as numerous articles on spirituality. A Cardinal Bernadine Scholar and distinguished member of the North American Academy of Liturgy, Mary is a highly sought after presenter of workshops, retreats and parish missions. Married and the mother of two adult children, Dr. Amore is the Executive Director of Mayslake Ministries.

Mary Kay Vincenti holds a Master’s degree in Education in Catholic School Leadership from Marymount University in Arlington, VA and a B.S. in Business/Marketing from University of Illinois at Chicago. She is an accomplished business owner and a member of the Board of Directors of Mayslake Ministries. Mary Kay is married and has three adult children.

MORE ABOUT MAYSLAKE MINISTRIES

Mayslake Ministries, formerly known as the St. Francis Retreat House in Oak Brook, Illinois, is a lay based 501.c.3 not-for profit organization. Since its founding in 1991 by Fr. Jonathan Foster, OFM, as a “retreat house without walls” Mayslake Ministries has served the spiritual needs of Christian/Catholic men and women from all walks of life with a variety of spiritual enrichment programs, retreats, and individual spiritual direction. Under the leadership of its current executive director, Dr. Mary Amore, Mayslake Ministries continues this legacy providing a tranquil environment for all people who seek a deeper relationship with Jesus Christ.

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