

Core Team and Catechist Retreat **Anchoring Our Hope in the Promises of God**

Even though life changes, there is a constant. Throughout the centuries, God is a steady, unshakable, and enduring presence. The presence of God in our life offers us the gift of the Promises of God that provide a firm foundation to build our life upon and anchor our hope. In this live retreat, Becky Eldredge, spiritual director, retreat director, and author of *Busy Lives & Restless Souls* and *The Inner Chapel*, will help illuminate the promises God made to us. Leave with practical tools and prayer practices for going to your inner chapel that will help increase your hope and anchor your life in God's firm foundation.

Sunday, 14 August 2022
11:00AM to 4:00PM
St. Margaret Room
Hall of Saints



Becky is an Ignatian-trained spiritual director, retreat facilitator, and author of two books: *The Inner Chapel* (Loyola Press, April 2020) and *Busy Lives & Restless Souls* (Loyola Press, 2017). She leads a ministry that offers spiritual direction, resources, and retreats (virtual and in-person) rooted in the Spiritual Exercises of St. Ignatius. Passionate about Ignatian spirituality and teaching people how to pray and discern, Becky draws from over twenty years of ministry experience to help people make room for God in the busyness and invite them deeper in their walk with Christ. She holds an M.P.S. from Loyola University in New Orleans, a M.Ed. from Louisiana State University. Becky lives in Baton Rouge with her husband, Chris, and their three children, Brady, Abby, and Mary. You can learn more about her ministry at www.beckyeldredge.com.

Bring your Bibles and a personal journal.

Catechists RSVP to Landon Goings (landonpaulgoings@gmail.com).
Core Team Members RSVP to Ansleigh Munn (ansleighbarras@gmail.com).