

What is CORNERSTONE?

Cornerstone is an opportunity to renew your faith and grow in your experience of Christian community. It is also a way to meet other women in the faith community of Our Lady of the Magnificat in a warm, welcoming and casual environment on both a personal and spiritual level.

It is a gathering of ordinary women for an extraordinary experience!

Who Conducts CORNERSTONE?

What Can I Expect?

A core team of women who have previously experienced **Cornerstone** have worked to plan this special event. Each team member lends their talents and faith, and gives of themselves in various ways. Whether by relating a life experience in a presentation, leading a small group discussion, planning a liturgy, choosing music, or preparing a meal, all team members are dedicated to ensuring an atmosphere of warmth and hospitality.

Cornerstone will begin Friday evening at 7pm and end on Saturday evening after the Closing Mass which will start at 7pm. Your 26-hour stay will take place in the OLM school/gym, with great meals, snacks & refreshments throughout the retreat.

To Register:

Complete the form on the back of the brochure. Any questions please reach out to Cyndy Fuhro: cyndyf1119@gmail.com

(973)283-9058

A suggested offering of \$65 will cover the cost of the meals, accommodations & materials.

ACTIVITIES

There will be activities in two 40-minute sessions on Saturday. Participants will choose from six different activities (one in the morning and one in the afternoon) as described below.

AM Sessions: (Choose 1)

Artistic Expression: Get in touch with your artistic side! Creating a craft to take home. Taught by certified art teacher. All levels welcome!

Spiritual Meditation: Through guided imagery, this activity will enable you to calm your mind and engage your spirit. Meditation is a technique used for healing as well as personal development. Participants will be led by an experienced Cornerstone alumnus. No equipment is required.

The Prayer Process: Matthew Kelly, Dynamic Catholic, walks you through a deliberate and amazing way of praying. A simple process to use every day to guide your

conversations with God. Video and discussion questions to follow. “Prayer is the raising of one’s mind & heart to God or the requesting of good things from God”. “Prayer helps us discover who we are & what we are here for.”

PM Sessions: (Choose 1)

Prayer Journaling: a unique written form of prayer. Discover the benefits of journaling, learn topics and themes for prayer journaling, and enjoy the opportunity to write during this activity.

Yoga: In this activity, led by a certified yoga instructor, participants will use simple Yoga techniques to enhance their ability to relax and gain a spiritual connection to God. Yoga teaches us how to connect our mind, our body and soul while using your own body strength to achieve an inner peacefulness and calm. Please bring your own yoga mat or towel. All levels welcome!

Zumba: Is a high energy choreographed Cardio class set to upbeat music. It is an interval workout which moves between high and low intensity moves designed to get your heart rate up and boost cardio endurance. Zumba emphasizes moving to the music and having fun regardless of your fitness level. No equipment is required other than sneakers. Led by certified Zumba instructor.

REGISTRATION FORM

Complete the form below, enclose with offering of \$65, check made payable to "OLM" and either drop it off at the Rectory or mail to the address to the right!

Name: _____

Address: _____

City: _____

State: ____ Zip: _____

Phone: _____

Email Address:

Please select (2) of the following activities:
1AM & 1 PM. (See descriptions on previous page):

- Meditation (AM) Zumba (PM)
- Prayer Process (AM) Journaling (PM)
- Artistic Expression (AM) Yoga (PM)

Emergency Spouse/Family Contact:

Relationship: _____

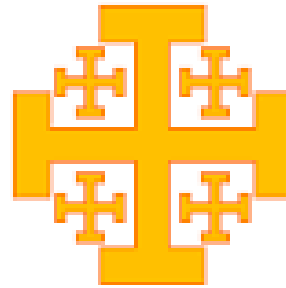
Address: _____

Email Address:

Best Phone #: _____

"YOU HAVE CALLED ME BY NAME"
Oh, Lord, my God. You called me by name in my mother's womb. You have given me breath and light and movement and walked with me in every moment of my existence.

**OLM WOMEN'S
CORNERSTONE 2017**



Mail or drop registration and offering here:
Cornerstone 2017
Our Lady of the Magnificat
2 Miller Road, Kinnelon NJ 07405
The Parish Office #973-838-6838

**OUR LADY OF THE
MAGNIFICAT**

Invites You

to

Join Us To Be...

"CALLED BY NAME"



**Women's CORNERSTONE
2017**

October 20 & 21

A 26-hour experience starting at
7pm Friday, October 20

"The stone the builders rejected has become the Cornerstone"...Matthew 21:42