

CVCC/My Catholic Coach 4 Life - Presents...

Be Still

Saturday January 18, 2025 / 8:30 am – 4:30 pm

Do you need a spiritual makeover?

Soon the holidays will be over and it is a good time to reflect on your goals for this New Year. Doesn't the New Year deserve a new you? We can only hear God's voice and HIS will for our lives when we are STILL. The busyness of life can leave you feeling disconnected from yourself and those you love...maybe even from God? Do you want more intimacy with those you love yet do not know how to achieve it? Do you desire a renewal of your mind, heart, and soul? If you answered YES to any of the above, this retreat will be a good first step in that direction and may be just what you are needing...

Cost: Early bird special \$69, after January 1st, 2025 - \$99

Location: ONLINE Retreat

Register: Contact Ellen at 573-315-6559 or email her at mycatholiccoach@ellentruschel.com

Facilitator:

Ellen Truschel was born and raised in the Central Valley of California and has recently relocated to Southeast Missouri. She has been blessed to be married to her wonderful husband Jeff for 31 years has two amazing faith-filled adult sons, Ellen is a licensed marriage and family therapist and the CEO of Central Valley Counseling Center. She has worked in the field of mental health for 35 years and is now also working as a Catholic Relationship Coach and Spiritual Formation Coach with a focus on assisting clients through transitions, losses, and crosses. Ellen has served in a variety of ministries including youth ministry, marriage preparation, healing ministry, marriage retreats, healing retreats, and personal growth year-long programs. Her special calling is to strengthen Catholic Marriages through providing relationship skills workshops and retreats with the primary goal of mentoring Catholic couples to bring these skills to their own home parishes. Her favorite saying is to "Light one candle instead of cursing the darkness".

"Be Still and Know that I AM GOD" -Psalm 46:10