

**Houston Theresians  
Day of Prayer**

**Prayer through the Body, Mind &  
Spirit**



Saturday,  
September  
15<sup>th</sup> 2018

9:00 a.m. to  
2:00 p.m.

St. Anne Catholic Community,  
St. Basil Parish Hall  
2140 Westheimer Rd.,  
Houston 77098

Directions: [www.saintanne.org](http://www.saintanne.org)

Check-in/light breakfast: 9:00 a.m.

Opening Prayer: 9:30 a.m.

Presenters are:

**Susan Grace Alonso** - a registered  
Yoga teacher and a Spiritual  
Director on staff at the Cenacle  
Retreat House.

**Janet Starr:** T'AI CHI CHIH  
presenter

Participants will have options to  
experience:

- Chair Yoga as Prayer
- T'AI CHI CHIH as Prayer  
(standing or sitting)
- Art as Prayer
- Quiet as Prayer
- Labyrinth as Prayer (bring  
socks to walk)

Community Sharing and Closing

Register by August 31<sup>st</sup>: \$25

For scholarship or registration  
questions, please contact Mary  
Puccini

[maryguccini@comcast.net](mailto:maryguccini@comcast.net)

For registration questions, contact  
Peggy Shallock

[pgshallock@gmail.com](mailto:pgshallock@gmail.com)

Please detach form and mail with  
payment by August 31<sup>st</sup> to

Peggy Shallock  
2 Pembroke Ct.  
Bellaire, TX 77401

**Name:**

\_\_\_\_\_

**Theresian Community/Guest:**

\_\_\_\_\_

**Check #:** \_\_\_\_\_

(\$25 payable to **Houston DLT**)

**Contact Phone #:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Lunch Options (please check one):**

Meat Sandwich \_\_\_\_\_

Vegetarian Wrap \_\_\_\_\_

