



CONGREGATION OF BENEDICTINE SISTERS OF PERPETUAL ADORATION

31970 State Highway P, Clyde, Missouri 64432-8100 Phone: 660/944-2221

Find us on the Web at www.BenedictineSisters.org

Facebook (Fan and Group pages) & Twitter @BenedictineSis

News Release

Jan. 21, 2010

Benedictines to host Jonah and the 4 Mantras workshop

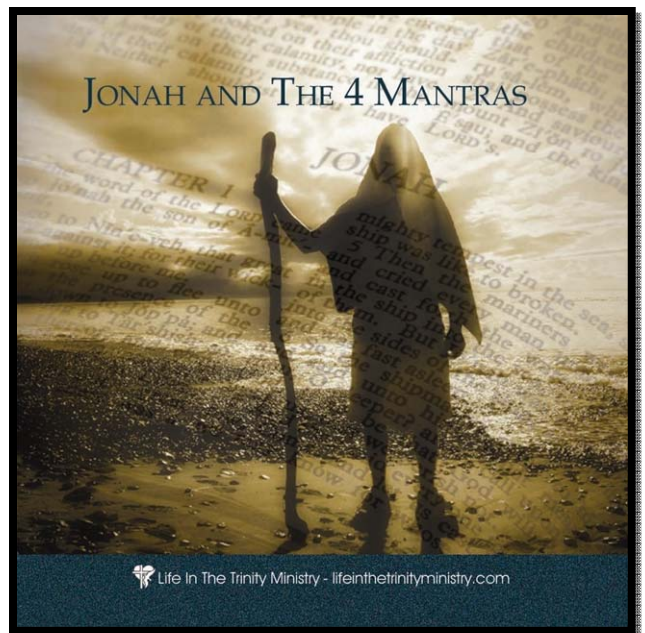
Tucson, Ariz. – Exploring Jonah and his four mantras - show up, pay attention, tell the truth and don't get attached to the results - will be the focus of a workshop sponsored by the Benedictine Sisters of Perpetual Adoration in March.

Directed by Suzanne Stabile, the program centers around Jonah, thought of as an unwilling prophet, and the practical steps to incorporating his mantras into one's own life.

Stabile is a sought after speaker and teacher, known for her unique and creative approach to the practice of Spiritual Formation. She is the co-founder and animator of Life in the Trinity Ministry in Dallas. She received a bachelor's degree in social sciences from Southern Methodist University, where she completed additional graduate work in the School of Sociology and Perkins School of Theology. She is also the founding Director of Shared Housing, a social service agency in Dallas.

The workshop is scheduled for 7 to 9 p.m. Friday, March 19, and 9 a.m. to 3 p.m. Saturday, March 20, at the Benedictine Sisters' monastery at 800 N. Country Club Rd., Tucson. Cost is \$50 for each participant.

For more information, please contact Benedictine Sister Anita Valdez at (520) 325-6401 or click on <http://bit.ly/4w7KIJ>.



###

Contact – Kelley Baldwin, Director of Communications

Phone – 660/944-2221 ext. 180 * Mobile – 660/562-7433 * Fax – 660/944-2152

Find us on the Web at www.BenedictineSisters.org

Facebook (Fan and Group pages) & Twitter @BenedictineSis