

## DAY RETREAT WITH SARA BILLUPS

Saturday, March 14

10 am – 3:00 pm

St. John | San Juan

SJSJ's Library Guild welcomes Sara Billups who will guide participants through a day of reflection (we'll have a labyrinth in the building), spiritual practice, and conversation. Billups authored the popular book "Nervous Systems: Spiritual Practices to Calm Anxiety in Your Body, the Church and Politics." Open to all. \$40 registration fee includes lunch. Scholarships are available. Scan the QR code to register and pay!

