



In March, our special guest speaker will be Fr. Anthony Bannon, LC from San Jose, California. Born in Dublin, Ireland, Father Bannon entered the Legion of Christ in 1964 and coursed his studies for the priesthood in Ireland, Spain and Italy, completing his apostolic internship in Mexico. Father Bannon is particularly interested in education at all levels, having participated in the foundation of six seminaries, 12 schools, the Institute for Psychological Sciences and the University of Sacramento. He also founded National Consultants for Education, and a website for Vocations (www.vocations.com).

Spa for the Soul

March & April 2010

March 11th Theme: "Flexing Your Muscles" with Father Anthony Bannon, LC

April 14th Theme: "Letting It Go" with Bishop Frederick Henry

March (morning program)

- 8:45 AM Welcome/Registration
- 9:00 AM **Parish mass**
- 9:45 AM Social time
- **10:00 AM "Flexing Your Muscles"**
with Fr. Anthony Bannon, LC
- 10:45 AM Personal reflection time
- 11:00 AM Q&A with Fr Bannon
- 11:30 AM Conclusion/Social time

April (evening program)

- 6:45 PM Welcome/Registration
- **7:00 PM "Letting It Go"**
with Bishop Frederick Henry
- 7:45 PM Personal reflection time
- **8:00 PM "Small Talk on Big Questions"** What is forgiveness?
with Fr. Jon Budke, LC
- 8:45 PM Mass
- 9:15 PM Social time

Location: St. Michael Catholic Community, 4718 Worchester Drive SW.

Questions? Please contact Kathy Wang at 403-254-6420 or kwang@olafpackaging.com