

## How to Register for Time Out for Single Moms

Date: \_\_\_\_\_

Offering: \$10.00 per session  
Scholarships are available. Contact  
Sr. Molly Maloney 345-0926

Registration Deadline:  
One week prior to scheduled date.

Name: \_\_\_\_\_

Address:

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please send to WVIS at:

1601 Virginia Street, East

Charleston, WV 25311

OR

Fax to: 304-345-8206

Phone: 304-345-0926

OR

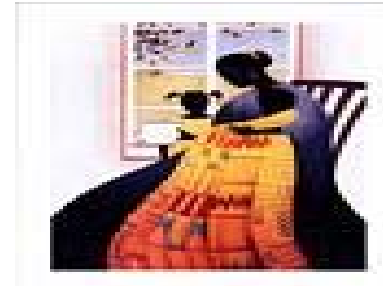
Email: [wvisreg@aol.com](mailto:wvisreg@aol.com)



Rooted and Living In the Light of  
God's Love

**West Virginia Institute for  
Spirituality  
1601 Virginia Street, East  
Charleston, WV 25311  
(Entrance on Elizabeth Street)  
304-345-0926 (phone)  
304-345-8206 (fax)**

## Time Out for Single Moms and Kids First



**December 7, 2007  
And  
February 14, 2008**

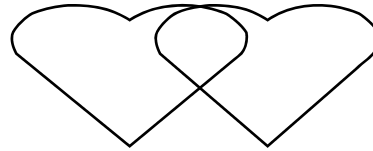
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# TIME OUT FOR SINGLE MOMS

## Take Time Out, Mom! Please!

- This series has been prepared with you in mind. Storytelling, Prayer, Relaxation and the virtue of Wisdom will be the topics covered in these days designed especially for you.
  - **Relax** with time for yourself
  - **Restore** mind, body and soul
  - **Relate** with other single moms
    - and be **Renewed!**
- Relieve the stress of your days and come and be renewed in the spirit of other women!

## TIME OUT FOR SINGLE MOMS



**“It doesn’t get better than this,” I say to my friend. In fact, the conversation has been so replete with genuine care, down-to-earth “mother wisdom,” and humor that I am reluctant to abandon my now empty coffee mug and leave this group.**

**“Why can’t we take more time to do just this?” I ask. The we refers to other women I’d like to know but am always too busy to spend time with. The we extends to all moms who need a place where they may share concerns—some sensitive, some thorny. And so, *Heart to Heart* was born.**

The title, Heart to Heart, comes from the Christian tradition that sees the heart not only as a physical part of the body but also as the center of the person, drawing together mind, body and spirit.

## What to expect...

**Heart to Heart** is a spiritual growth Group. It is designed to help you, and the women gathering with you, discover God in the sacred and ordinary experiences of everyday life, while teaching you new ways to inspire, encourage and affirm one another.

Not only will you experience the lessons of each gathering but you will tell your own stories and bond as each of you gains insight into your place in the world.

## When...

**Friday evenings** at The West Virginia Institute for Spirituality from 5:30 p.m. to 8:00 p.m.

**Moms and children** (ages 4-12) gather for a simple supper together. Child care and educational activities will be provided for the kids.

## Facilitators...

**Carrie Croson, Connie Jarzynski, Cindy Manning, Sr. Molly Maloney, Sr. Carole Riley and Dixie Stacy**