

XLT with Heidi Peckham

Friday, February 13

7-9 p.m.

“Meditation for the Absentminded – ‘Post-its’ Provided”

How many of us have ended our day as if we were in a V-8 commercial, slapping our head and saying, “I should have said a prayer!” How many of us have said, “I can’t meditate, that’s for Monks!” Come, laugh and learn as our speaker, Heidi Peckham, shares reminders and remedies for what ails us, as we seek to walk our path closer to Christ.

Heidi Peckham has been entertaining and enlightening Catholics for more than 30 years. Her journey to become a Licensed Mental Health Counselor caused her to revisit many of our faith traditions and fall in love with the Catholic Church all over again. Ms. Peckham spreads the GOOD NEWS with good humor and thoughtful insight. Bring a notepad; you will not want to miss a word. Parishioner Anita DeSousa will also give her testimony.

XLT is a two hour event with praise and worship music, adoration and spiritual discussion. The event is free and open to all. Bring your friends, family and neighbors!

Contact: Bert Ghezzi, BertGhezzi@cfl.rr.com