

*An Offering of  
The Spiritual Sanctuary at Johnsonburg Presbyterian  
Camp & Conference Center*

## **“The Practice of Pausing”**

***Giving yourself a day to stop and let your soul catch up***



*led by Cathy Burrafato  
Newton Presbytery Resource Center Coordinator, Christian Educator, and  
Spiritual Director*

**Wednesday, May 12, 2010  
9:00 a.m. to 4:00 p.m.**

Come for a peaceful day of fellowship, worship, and time...

- to read or journal
- to reflect and rest
- to experience simple chair yoga and breathing
- to walk the trails or the labyrinth
- to draw, paint, or take photos
- to receive spiritual direction
- to share with others

**\$25.00 per person for program, facility use and lunch**

Extend your retreat time by arriving Tuesday night or staying Wednesday night  
at an additional cost of \$28 per night.

*To register, and for more information,  
please call 908-852-2349 or register online at [www.campjburg.org](http://www.campjburg.org)*