



## **APM Retreat**

**Monday, April 17, 2023**

**9:00AM–2:30PM**

**Pax Christi, Eden Prairie**

### **Pathways of Healing and Wholeness: Walking the Sacred Path of the Labyrinth**

**Sheryl Rose**

Treat yourself to a day away of both personal and group reflection time using the spiritual tool of the labyrinth. Journey with colleagues as we explore the history of the labyrinth, its many forms and uses and how it can provide rest and refreshment for your soul. Whether you are new to the labyrinth or a seasoned walker, this day will provide multiple ways for experiencing the sacred path of the labyrinth. We hope you'll join us! Consider bringing a journal, and whatever else helps you to tenderly care for yourself on retreat.

Sheryl Rose holds an MA in Organizational Leadership and Spirituality from St. Catherine University, was certified as a Labyrinth Facilitator at Grace Cathedral in San Francisco and was trained at the Franciscan Spirituality Center in La Crosse as a Spiritual Director. Sheryl recently retired from parish ministry in the Archdiocese of St. Paul and Minneapolis where she held Parish Administrator positions for over 25 years.