

# Whispers of the Heart: A Labyrinth Retreat

**Date:** Saturday, January 21, 2017,  
9:45 a.m. – 2:30 p.m.

**Location:** St. Stephen's Episcopal  
Church, 1303 S. Bross Ln, Longmont

**Cost:** \$45 (Scholarships are available)

**To Register:** Email Barbara at  
barbara.valusek@gmail.com  
by Thursday, January 19, 2017

**More Info:** [www.barbaravalusek.com](http://www.barbaravalusek.com)



**A RETREAT DAY** to reflect on your life direction from a spiritual perspective through inquiry, journaling, quiet time, small group sharing, and walking an indoor Labyrinth. Bring your own lunch.

Where have you been? Over the past year, what did you give your time, energy, and attention to? What has happened in your spiritual life, your relationship with the holy? What stepping stones and turning points have led to where you are now?

Where are you today? What is most life-giving to you now? Where do you find meaning? How are you using your gifts? What other questions are your life, your heart, or the divine whispering in your ear?

Where are you going? What's new on your horizon? What is calling you forward to a future worth living for? If a miracle happened and a year from now your life was exactly what you hoped for, what would it look like? What would be different?



**Facilitators: Barbara Valusek, M.Ed. & Jay E. Valusek, M.Ed.**

*Barbara is a counselor, spiritual director, and retreat leader. Jay is a retreat leader, educator, and positive psychology coach. Barbara and Jay underwent professional training in Contemplative Group & Retreat Leadership with The Shalem Institute. They have facilitated groups and Labyrinth retreats over the past 20 years. Their gifts lie in creating sacred space in which to listen deeply to the whisperings of your heart.*