

# SHALOM

spirituality center

1001 Davis Street, Dubuque

## **RIVER DAY BLESSING with Mary Ellen Baker and Karen Donahoe**

Tuesday, June 2, 10:00 am-2:00 pm at  
River's Edge Plaza on the Mississippi Riverwalk  
No cost; Walk-ins welcome, RSVPs encouraged,  
please RSVP by noon on June 1.

## **CORE VALUES OF STS. FRANCIS & CLARE: A CENTERING PRAYER RETREAT**

Friday, June 5, 4:00 pm-Sunday, June 7, 1:00 pm  
\$300 per person, a non-refundable \$75 deposit is  
required; No commuters, meals and  
lodging are included in the cost;  
please register by 5:00 pm on May 22.

## **SHALOM'S ANNUAL PICNIC ON THE HILL**

Wednesday, June 10, 11:30 am-1:00 pm  
RAIN OR SHINE!

Cost is \$10 per adult and \$5 per child 8 and  
under; please register/prepay by June 5.  
Menu: Hamburgers, Brats, Potato Salad, Baked  
Beans, Cookies, Ice Cream, and Lemonade

## **MEDITATION & MUSIC: SOUND HEALING with Morgan Noel**

Monday, June 15, 6:30-7:30 pm  
Cost is \$15 per person;  
please register/prepay by noon on June 15.

## **LUNCH & RENEW: CHAIR YOGA with Deb May, YogaCare**

Wednesday, June 17, 11:30 am-12:30 pm  
Cost is \$20 per person; please register by noon  
on June 15.

## **THE YOGA OF ST. FRANCIS with Craig Bullock**

Saturday, June 20, 6:00-7:30 pm via Zoom  
Cost is \$5 per person;  
please register by noon on June 19.

## **RISE AND BLOOM: A MIND AND WELLNESS SESSION with Brenda Summers-Kurt**

Saturday, June 27, 9:00-11:00 am  
Cost is \$25 per person;  
please register by noon on June 24.

REGISTER AT [SHALOMRETREATS.ORG](http://SHALOMRETREATS.ORG)  
OR CALL 563.582.3592