

Tabor Retreat Center

Oceanside

Saturday, March 31, 2018

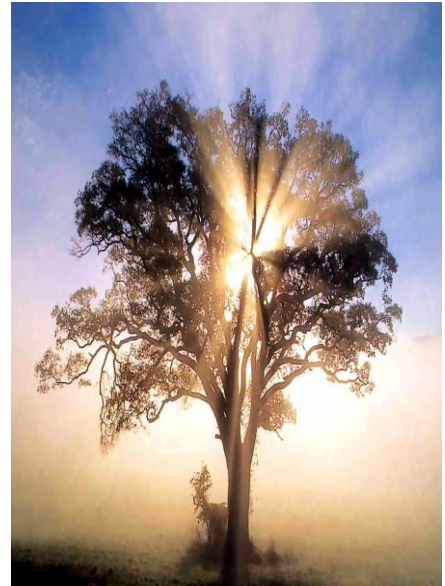
9:30 AM ~ 4:00 PM

A special retreat designed by Dr. Duffy ...*exclusively* for the Tabor Retreat Center.

Living the Serenity Prayer in a Nutsy World

We live in particularly turbulent times, where it is easy to lose our center. The Serenity Prayer is the best formula for managing stress available.

*God grant me the serenity
to accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.*



The Serenity Prayer offers us a guide to stay calm in the storm of life. It enables us to brave the elements and not be knocked off our center.

Through following its principles, we are able to make rational and healthy choices to live the quality of life we deserve. Come and learn how.

Tabor Retreat Center

60 Anchor Avenue, Oceanside, NY

Donation: \$79 [Lunch is included]

For any specifics, please call Tabor Retreat directly at 516-536-3004.

For questions about the retreat itself, call Dr. Duffy, 516-334-8985



Dr. Duffy Spencer is a social psychologist, psychotherapist, author and keynote speaker. "Dr. Duffy" offers a unique perspective on how to achieve higher energy and reclaim your true self. Author of *SPICE: The Essential Ingredients for Effective Living*, co-author of *Leadership Strategists & Dealing with Difficult People*, Dr. Duffy is a certified Imago Relationship Therapist. Host of WHPC's 90.3 FM radio show, *Just Relationships**, Dr. Duffy has a private therapy practice for individuals and couples in Westbury, NY and runs regular woman's groups and retreats.

*WHPC 98.3 FM: Airs Wednesdays at 3:30 PM, and Sundays at 8:00 AM.

Tabor Retreat Center, 60 Anchor Avenue, Oceanside NY 11572 (516) 536-3004

Directions: Meadowbrook Parkway to Exit 27 West (Sunrise Highway). Pass through Freeport and Baldwin to Long Beach Road. Turn left on Long Beach Road and continue to Anchor Avenue. (There is a fork shortly before Anchor. Stay to the left.) Turn right on Anchor. Tabor Retreat Center is after the small white church on the right. Please park in the lot to the left of the building. Come through the doors to the right of the parking lot.

To register, detach bottom below and return to:

Yes! Please register me for this **SPRING 2018** retreat. Checks are made payable to Tabor Retreat Center.

Mail to: Tabor Retreat Center, 60 Anchor Avenue, Oceanside, NY 11572.

Name _____

Address _____

Email _____ Phone (_____) _____