

# Aging Grace-fully



**Victorious Missionaries' National Conference  
through the National Shrine of Our Lady of the Snows – Belleville, IL**

**VIRTUAL Day of Reflection  
Saturday, May 15, 2021, via Zoom**

**Begins with Spirituality Program at 9:30 am – noon  
Ends after VM "Business" Meeting at 1:00 pm and fellowship**

To live full of grace is what our hearts long for. What does it mean to live grace-fully? Together we will explore this question and discuss approaches on how to integrate grace into our lives. How do we open our hearts to grace and live to our fullest potential? Tools and strategies will be discussed to live grace-fully. Resources will be provided for ongoing support for a healthy life. This will be a holistic approach to aging to inspire us to be connected to God, others and self.



**Gary U. Behrman, PhD, MSW, M.Div., LCSW** was an Assistant Adjunct Professor at Saint Louis University (SLU) Schools of Social Work, Allied Health, and Medicine for 28 years. Dr. Behrman is recognized for his expertise as a clinician, educator and

consultant, and has a counseling practice in the St. Louis metropolitan area. He has extensive training

in trauma recovery and suicide risk reduction. His research and publications are in trauma recovery and the role of spirituality and faith in the healing process.

*This presentation is intended for persons of all ages, and for individuals who are engaged in helping others to age grace-fully.*

**Price for the VIRTUAL Day of Reflection: \$20**  
Register online at [snows.org/reflection21](https://snows.org/reflection21) or by completing the registration form below.

For more information: Call **618-394-6281** or email [bette.meyer@snows.org](mailto:bette.meyer@snows.org)

**DAY OF REFLECTION (PLEASE PRINT)**

**Return by May 7, 2021**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

**Email** (Required for virtual Day of Reflection) \_\_\_\_\_

Cost: \$20     Check     VISA     Discover     MC     American Express

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

(IF PAYING BY CHECK – MAKE PAYABLE TO: OLS SHRINE/VMS)

**PRINTABLE REGISTRATION FORM AVAILABLE AT [VMUSA.ORG](https://vmusa.org)**



MAIL TO: **VICTORIOUS MISSIONARIES - NATIONAL SHRINE OF OUR LADY OF THE SNOWS**  
442 S. De Mazenod Dr. Belleville, IL 62223-1023 618-394-6281 (VOICE & TTY)

