

# “Letting Go of What Has You”

**October 21(6pm) — October 23, 12noon  
St. Mark Lutheran, 5200 Glenn Ave, Sioux City**



Why do I do the things I do? Why do I keep finding myself in the same or similar situations?

This 3-day retreat will provide you with an opportunity to:

- Become aware of unhelpful patterns that you find yourself repeating
- Identify the origins of those patterns
- Begin to heal the wounding that is the source of maladaptive behavior, so that other choices can be made

**Cost: \$225 (early registration: \$175 if paid by Oct. 1)**

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