

"I am a changed man."

"Each day was a message that I needed to hear."

"I'm absolutely amazed at the impact this has had on me and my family..."

"Simple but transformative."

"What a deeply moving experience."

"...cannot wait to see what is next"



**RISE**

MenRiseUp.org

## MEN, IT'S TIME TO RISE!

Will you take the challenge? Join the men of our parish as we RISE up together for 30-days. RISE will give you tools to better ENJOY life and handle difficulties with strength and resolve.

This is an online series delivered right to your email each day. It takes just a few minutes each morning, but it sets your day on a path for success.

### **RISE: A 30-Day Challenge by Chris Stefanick & Bill Donaghy**

30-Days of videos, content, & challenges delivered to your email show you how to make real and lasting changes that will bring greater balance and peace to your life. **MenRiseUp.org**

**Go to MenRiseUp.org**

Sign up for the

**March 19th** start date

There will also be an **optional** weekly  
St. Mary Men's Breakfast

Thursdays in Cargill Hall  
5:45 a.m. to 6:45 a.m.