



**FOR IMMEDIATE RELEASE**

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**CHATTANOOGA HOUSE OF PRAYER OFFERS A RETREAT FOR  
AREA MOTHERS ON FEBRUARY 23**

**Chattanooga, Tenn. (February 4, 2019)** – Understanding that there are many demands and stressors of motherhood, Chattanooga House of Prayer (ChattHop) is offering a retreat whereby mothers can intentionally factor in a “pause” in their daily routine. This retreat, Pause: A Prayer Retreat for Moms, is designed to give busy moms an opportunity to rest, connect, worship, and experience a spiritual reawakening through guided and individual times of prayer.

The retreat will take place on Saturday, February 23 from 8:30 am - noon at Chattanooga House of Prayer located at 3912 Dayton Blvd, Suite 200 in Red Bank. The cost to attend is \$20 and includes breakfast. Childcare is provided for a nominal fee.

To register, obtain additional information about Pause, or to learn how Chattanooga House of Prayer can design a training or retreat for your church or organization, contact MickiAnn Harris, ChattHOP’s Spiritual Formation Director, at [mickiann@chatthop.org](mailto:mickiann@chatthop.org) or visit [www.chatthop.org](http://www.chatthop.org)

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