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Retreat Day

'Mending the Outer World According to the Truth of Our Inner Life'

We live in complicated times in which it is easy to become overwhelmed in our personal lives as well as with all the turmoil in our world. We may wake in the night asking ourselves, "Can my small life make a difference? What are the practices that will help me be present instead of overwhelmed? Is there guidance from the Spirit that I could trust as I navigate my daily life with others?"

During these hours together, we will have time for input, some communal sharing and time for our own personal quiet reflection.

This retreat day is facilitated by Sr. Margo Ritchie csj

Where: Villa St Joseph Ecology and Spirituality Centre,
445 Monk St, Cobourg ON

When: January 24th 2018, 9am to 4pm

Cost: \$40

To register: villa@csjcanada.org or (905) 372-2741