

Letting go

A SPIRITUAL JOURNEY ONE DAY RETREAT FOR WOMEN

Letting go - of things, people, regrets, expectations, our hopes and dreams and eventually life itself - is a universal human journey. And it's one all women struggle with in our own ways. During this day long retreat you can recognize and process your struggles with letting go in a safe and loving environment.

It is a spiritual journey because, ultimately, letting go is about free-falling into the arms of our loving Father in an act of trust and faith. And it is a journey worth taking because it will set us free to live in peace and joy.

Cathy Richard, Retreat Facilitator

SATURDAY

OCTOBER 5, 2024

See Retreat Schedule on reverse

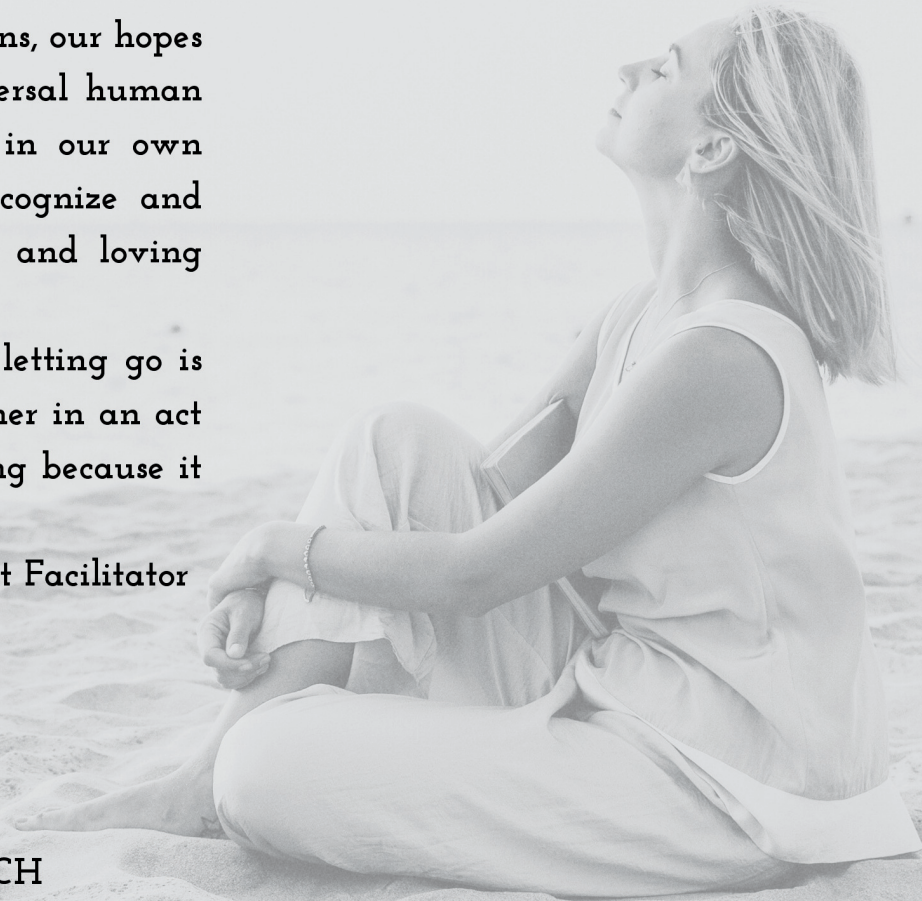
ST. ATHANASIUS CATHOLIC CHURCH
310 S. BROAD STREET
HARRISON, MI

PLEASE REGISTER BY SEPTEMBER 27TH
989-539-6232

EKINDERMANN@SAHARRISON.DIOSAG.ORG

All adult women are welcome.
Please bring a Bible and journal, if you have them.
If not, each will be provided.

WHO THE SON SETS FREE, SHE IS FREE INDEED.
JOHN 8:36



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About our retreat leader: Cathy Richard has been a Commissioned Lay Minister in the Diocese of Saginaw for 8 years, she has led retreats, evenings of reflection, and meditations at her parish, Blessed Sacrament in Midland. Last year, Cathy led the Saginaw Diocesan Retreat for Lay Ministers. Cathy has been married to Tim for 44 years, together they have four children and nine grandchildren. She is a lover of gardening, spiritual reading and tea parties with her grandkids. Trusting in the Holy Spirit and the collective wisdom of the women gathered, Cathy will help us explore the spiritual topic of letting go by leading us in prayer, reflection and discussion.

Retreat Schedule

9 AM

Rosary

9 - 9:45 AM

Confession available

10 AM

First Saturday Mass

10:45 - 11:15 AM

Communal First Saturday Meditation

11:15 AM

Gather in Parish Hall

11:30 AM

Introductions, Prayer, Lunch

12:30 PM

Retreat Talks, Discussion, Reflection

4:30 PM

Conclude Retreat

