



**Join us in a Circle of Creation, Transformation and Celebration
in these difficult times.**

Each Wednesday evening 7:30-8:30pm (EST), **May 20th, May 27th, June 3rd & June 10th**
we will gather in a community of kindred spirits to explore the impact of COVID
on our personal and spiritual lives.

This weekly gathering of prayer / poems, guided meditation and personal reflection will be facilitated by Mary Lou Gormley (MAMS, DSD), our Centre Program Coordinator, through the online Zoom format and is limited to eight participants. This closed small group format will allow each member time to share and listen deeply to the others. Each week you will be provided with a take home reflection format that will enable you to sink even more deeply into listening for the Spirit's invitation to you at this time. Additionally, between weeks 2 and 4 you will have the opportunity for spiritual direction with Mary Lou. To participate you will need a quiet space with no background noise, a willingness to share and reflect and the capacity for compassionate and non-judgemental witnessing of others.

Cost \$125.00

To register please email Mary Lou Gormley at program@lorettomaryholme.ca