

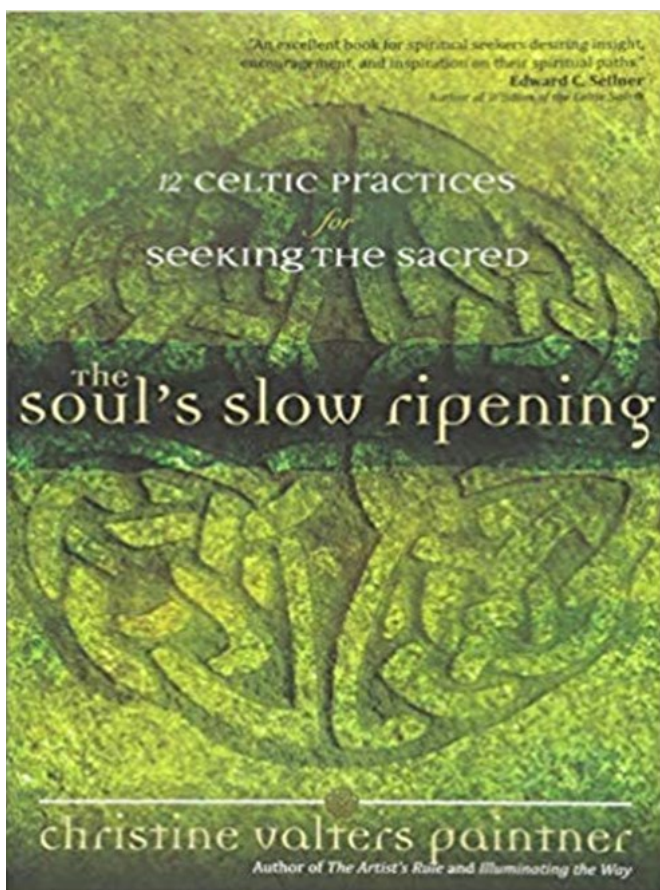
From ...

The Office for Discipleship & Parish Life

Seeking the Sacred

This course offers participants the opportunity to explore 12 unique Celtic-Christian spiritual practices. These 12 practices are intended to give practical ways for us to deepen our relationship with God and all of creation. The text for this course is *The Soul's Slow Ripening: 12 Celtic Practices for Seeking the Sacred*, by the Catholic author, Christine Valters Paintner. Every chapter in this book includes guided spiritual activities from which participants may choose, such as Lectio Divina, photography, walking, writing, blessing, retreating, and more. Each session will include time for input, reflection, prayer, guided activities, and group sharing.

Facilitator: Sister Mary Heather MacKinnon, SSND, D. Min.



NEW SESSION DATE & TIME ADDED!

7 Workshops for Senior Adults

**Time and Dates:
1:30 pm – 3:30 pm**

Tuesdays: January 29, February 5, 12, 19
March 12, 19, 26 2019—SOLD OUT!

SECOND SESSION DATE

**Wednesdays: January 30, Feb. 6, 13, 20
March 13, 20, 27, 2019**

Chancery Office, 700 King St. West, Hamilton

Cost: \$ 35.00 (includes text)

Please register by January 25 2019

To register contact Monica

Email to: mverin@hamiltondiocese.com

or

Tel: 905 528 7988 ext. 2238



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