

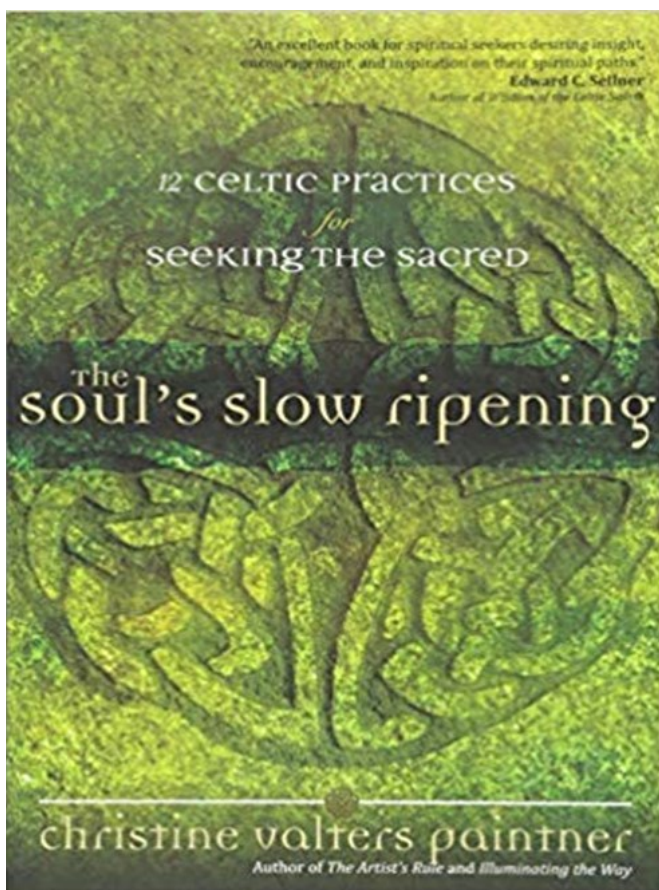
**From ...**

## **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.



#### **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**

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](mailto:mverin@hamiltondiocese.com)

or

Tel: 905 528 7988 ext. 2238



## **DIOCESE OF HAMILTON**

[www.hamiltondiocese.com](http://www.hamiltondiocese.com)