

## RECHARGE & REVIVE RETREAT DAY

SATURDAY 14<sup>TH</sup> JULY 2018

Maryvale Institute invite you to join our FE students for a Summer Retreat Day: a time out from the stresses of daily life for peaceful, restful, spiritual reflection – reviving body and soul with prayer and good company.

The day will begin at 10am – with Mass at 12 noon followed by lunch  
- and end at 4pm with Adoration and Benediction.

### Optional activities:

Sr Joan Brown SND will be leading workshops on Praying with clay

Massage and therapies will be on offer by Loretto and Jackie

Fr Andrew McCann will lead a Rosary walk and will be available for the Sacrament of Reconciliation

Cost - £30

Everyone welcome but places are limited so must be booked in advance

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