

St. Mary's Retreat House Presents:

"Breathing New Life into Our Prayer"

Morning Retreats Directed by Patty Merlo and Paula Dow

Join us for 4 mornings of grace-filled retreats that have been catching fire throughout the world, retreats that are "fundamentally about awakening people to the Spirit within them." Allow God's Spirit to speak to you through prayers and methods that have been practiced (and taught by many saints!) for centuries.

Meditating with traditional prayers can create an emptiness within us—a space to receive the Word of God and allow it to be formed by the Holy Spirit within us, so that, like Mary and the Saints, we may bring Christ into the world of our everyday circumstances and relationships.

Time will be provided for personal prayer and reflection. Small group sharing will be an (*optional*) opportunity to encourage one another, as we remember and honor those who influenced our faith journeys.

Patty Merlo has a Master's Degree in Pastoral Ministry and has served as a spiritual director, hospital chaplain and teacher for several years. Presently she offers retreats and provides spiritual direction as well as spends time with her seven grandchildren. Check out more about her retreats at www.pattymerlo.com

Paula Dow completed Manresa's Internship in Ignatian Spirituality in 2005. She facilitates group Lectio Divina and trains others to lead this way of praying with scripture. Currently she offers spiritual direction, the Spiritual Exercises and enjoys helping with her grandchildren.

Registration & Coffee: 9:30 - 10:00 am
Retreat 10:00 am - 12:15 pm
followed by lunch

Cost \$20.00 per session
or \$60 for all four sessions
Wednesdays
September 5; Oct. 3;
Nov. 7 & 28, 2018

For more information or to reserve a seat,
please call
St Mary's Retreat House at **248-628-3894**
Or register online