

We invite you to participate in an

## At-Home Retreat

*Held  
in*  
Hope

**5 x Mondays:**

**1, 8, 15, 22, 29 August 2022**

**11.30am - 12.30pm (AEST)**

*This at-home retreat spans five weeks, beginning with an introductory session on Monday, 1 August 2022 at 11.30 am, and concludes on Monday, 29 August 2022.*

*The retreat offers an opportunity for you ~*

- \* to spend some time in prayer at home each day, reviewing your day's experiences*
- \* to be accompanied by a retreat-companion weekly via Zoom, at a mutually-agreed time*



Please register your interest before 18 July 2022

A small donation will be welcome.



### **Heart of Life Centre for Spiritual & Pastoral Formation**

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