

Dear CCMC Member,

The Theme for our retreat, "**RENEWED in HOPE**," will focus on staying positive in uncertainties in our lives by going deeper into our call to stay grounded and join in solidarity with Pope Francis, who is using this year's Jubilee theme, "Pilgrims Of Hope."

We will be meditating 6 times over the weekend. Friday evening after supper, Saturday morning, midday and evening before supper.

Between the meditation sessions on Saturday, we will be hosting talks on the theme of HOPE by our fellow members, as well as a Tai Chi/ Qigong session, walking the Labyrinth, and there will be celebrating Holy Mass on Saturday and Sunday.

Please click here or on the poster to register for the event. <https://bit.ly/Manresa2025>

If you have any questions, please message andreat711@gmail.com or achoquet@rogers.com

We look forward to welcoming you at Manresa!

CCMC Organizing team.

Check out the beautiful Manresa Retreat centre. Its so welcoming!

https://youtu.be/MhzM6VjCHKU?si=Z0YRAcZZcWmWi_U

Andrea Siqueira

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"Silence is the language of the Spirit" Fr. John Main (OSB)