



WCCM-Toronto Lenten Retreat

GROUNDING IN GOD:

Care of the Soul in a Time of Chaos

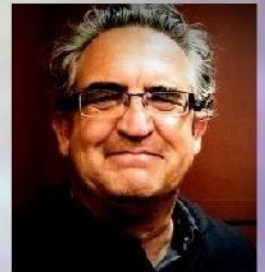
March 1, 2025 10.30 am - 4.30 p m EST

St. Thomas's Anglican Church, 383 Huron Street, Toronto, M5S 2G5

In Person and Live Streaming on Zoom

Bring Your Own Lunch. Parking available.

Retreat Leader: Michael Hryniuk, Ph.D. is a theologian, educator, psychotherapist, and spiritual director. He has served as the Executive Director of the Henri Nouwen Society and the Associate Director of the John Main Centre for Meditation and Inter-religious Dialogue at Georgetown University.



The season of Lent is traditionally an opportunity to reflect and care for our soul in a more intentional way. In this time of chaos and uncertainty, we are called even more fully to meditation and spiritual practice as a way of grounding in God and taking refuge in the truth of Gospel teaching. How do we understand and respond to "chaos" in ourselves and in our world? How can the care of our soul be fruitful for us emotionally and spiritually? Finally, how can our spiritual practice bring healing to a world that seems to be in such turmoil? We will take this retreat day to explore these questions through meditation, reflection, and sharing.

REGISTER: <https://bit.ly/LentRetreat2025>

For more information contact Elaine Mills at
wccmtoronto2@gmail.com

World Community for Christian Meditation-Toronto
Visit our websites: www.wccm.org www.wccm-canada.ca
Facebook: <https://www.facebook.com/WCCMToronto/>

