

Retreat for Men and Women: Spiritual Freedom in the Second Half of Life



Friday, May 31, 6:30 PM-
Sunday, June 2, 12:30 PM

Our focus in the first half of life is building — relationships with God and others, family, career, our image as we and others see it and a faith life to sustain us.

Somewhere in the second half of life, we find many of our dreams aren't realized or those that are no longer satisfy in the way we thought they would. Sometimes circumstances change everything. The need for a different way of seeing ourselves, others and the world presents itself with all its uncertainty and possibilities.

Navigating this new landscape with all we have learned along the way and an awareness that we may need to let go of some things is the adventure of growing spiritual freedom.

This retreat will explore the opportunities and Ignatian practices that can bring spiritual freedom in the second half of life.

Retreat Leader:



Rosemary Insley is a retired chaplain and bereavement counselor, with Master's degrees in Pastoral Studies and Social Work. As a spiritual companion, she guides others in the Spiritual Exercises and in retreats.

Non-refundable, non-transferable deposit of \$50 due at registration.

Register at manresa-sj.org/053124-mw2 or phone 248.644.4933 Ext. 0.