

*Spirituality in the Every Day:
Living Our Tasks in Awareness and Love*



May 18-20, 2012

Retreat for Men and Women

Gunilla Norris

Offering: \$250-\$275

In this retreat for men and women we will examine the many ways we can live our daily lives more consciously. Sensing more fully how God is everywhere present acting through us and with us, our ordinary days can be full of light. Together we will explore how to turn seemingly menial tasks into prayers, how to embrace simplicity and beauty in our homes, how to nurture our bodies and honor rest. When even the simplest of our tasks can be understood to have meaning, our lives will naturally be sanctified. We will not only be at prayer, our lives will be prayers. The retreat begins with a buffet dinner from 6:00-8:00 p.m. on Friday evening and concludes around noon on Sunday.

Gunilla Norris is the author of six books on the spirituality of the every day. She has been a psychotherapist in private practice and has led meditation classes for more than 30 years. Her special love is giving spiritual retreats and accompanying people in spiritual direction. Gunilla lives in Mystic, CT. Visit her website: GunillaNorris.com.



Registration Form - Spirituality in the Every Day, May 18-20, 2012

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Parish	Town	
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Name	Telephone	Birth Date
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Address	E-mail	Emergency Phone Number
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City	State	Zip
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If double, roommate's name

New Retreatant

Mastercard, Discover, or Visa Accepted.
Retreat Offering: \$250-\$275

Enclosed is my \$100 deposit

Please mail your completed registration form with deposit to:

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860.521.0440 • www.holyfamilyretreat.org • holyfamilyretreat@cpprov.org

