



*Welcome to the Cincinnati
Women's Section 2023 - 2024
Monthly Reflection Series*



I am the living bread which came down from heaven;
if any one eats of this bread, he will live for ever.
John 6:51a



Schedule subject to change. Please see
our monthly flyer or go to
rcohiovalley.org to confirm dates, times,
locations and for additional details.



**OUR LADY OF THE
HOLY SPIRIT CENTER**
5440 Moeller Ave
Norwood, OH 45212
Lower-level dining room.
Second Wednesday
of each Month
6:00 - 8:30 PM

**No retreat in July, 2024.
Join us for a Potluck in August, 2024.**

RCOhioValley.org/Monthly-Retreat



**Monthly Evenings of
Reflection for Women**

*Lord,
Teach Us
to Pray*



**A Year of Meditation
on the Eucharist
2023 - 2024**



September 13, 2023
Deep and Prayerful Meditation



January 10, 2024
The First 14 Rules of
Discernment



May 8, 2024
The Three Modes of
Decision-Making



October 11, 2023
The Real Presence of Christ
in the Eucharist



February 14, 2024
The Eucharist as the Sacrifice of
Jesus the Bridegroom



June 12, 2024
Holy Communion: The Eucharist Bonds
Us Together as the Body of Christ



November 8, 2023
The Three Keys of
Discernment



March 13, 2024
The Examen



Odd-numbered months
will include a formative talk and
fellowship. A Priest will be available for
Confession. Feel free to bring a snack to
share. Drinks will be provided.



December 13, 2023
Eucharistic Adoration
Advent Holy Hour



April 10, 2024
Our Response to the Eucharist:
Thanksgiving & Worship



Even-numbered months
will include a guided meditation and time
for personal prayer. A Priest will be
available for Confession. Water and light
snacks will be provided.