



A Mini-Retreat for Women with Sr. Kathryn J. Hermes

Saturday, October 19, 2019

Mass at 8:30 a.m.

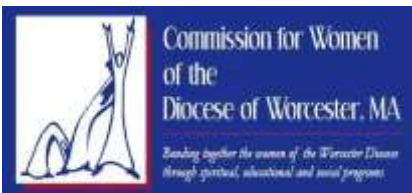
Program – 9:00 a.m. to 1:30 p.m.

**St. Mary’s Church Hall, Shrewsbury
Corner of Main & Summer Streets**

“Re-entering the Paradise of the Heart: A Spiritual Path for Healing”

Today we live in a Church and a world that cries out for the generous and courageous action of wounded healers. Through quiet prayer, guided inner exploration, and Scripture meditation, this retreat will help you take back your self-ownership when you learn how to stand at the door of your heart, when you re-enter the *paradise* of the heart. You will leave the retreat with prayer guides and life tools you can continue to use in your daily life.

The study of spirituality has been a life-long pursuit of Sr. Kathryn J. Hermes. She has been helping people walk the road of spiritual growth and inner healing for the past twenty years. After having a stroke at the age of 21, she dove deep into the ocean of sorrow and confusion in her own life and found her joy in sharing with others what had been given to her. She has an M.T.S. from Weston Jesuit Center for Theological Studies and an advanced certificate in Scripture. She is the author of many books including her most recent book, “Reclaim Regret: How God Heals Life’s Disappointments.” Hermes is a Daughter of St. Paul and currently directs the Acquisitions Office for Pauline Book and Media Centers. She is a spiritual director, offers presentations on spirituality and depression and leads retreats.



***Sponsored by the Commission for Women
of the Diocese of Worcester***

Visit our website for more information:

<https://worcesterdiocese.org/commission-for-women>

You may also e-mail worcestercommissionforwomen@gmail.com.

Registration form (below) and check for the registration fee of \$15.00 per person should be sent by mail to Pamela Ashmankas, 5 Millbury Terrace, Millbury, MA 01527 by October 11th. Seating is limited. Questions may be directed to Jacqueline at 508-841-5621.

The day will begin with Mass at 8:30 a.m., followed by registration and coffee/pastries. Lunch is included in the \$15 fee. (Checks will be cashed following the retreat.)

Registration Form – Please detach and include with check payable to Commission for Women.

Name(s): _____ Phone: (____) _____ - _____

Address: _____

E-mail Address: _____

Number of Attendees: _____ Total Registration Fee Enclosed: \$ _____

Dietary Restrictions: _____