



IHM Spirituality Center
210 IHM Drive
Malvern, PA 19355

It's Advent Time: Discovering the Beauty of the "O" Antiphons Retreat

Wednesday, December 10, 2025
9:00 a.m. – 3:00 p.m.

As we prepare for the celebration of the birth of our Savior, we will spend time together uncovering the depth and meaning that the ancient "O Antiphons" have to offer for our prayer and reflection. Using music, visual and contemplative quiet, participants will come to appreciate more deeply this rich treasure found in our Advent liturgy.



Presenter: S. Kathy Benham, IHM

Cost: \$40 (includes meals)

Deadline: December 3, 2025

Questions? Contact Sister Anne Marie Stegmaier, IHM at ihmspcenter@gmail.com or (610) 647-4136.

**To register, please email (ihmspcenter@gmail.com), call (610-647-4136),
OR mail the bottom portion of this flyer to:
IHM Spirituality Center, 210 IHM Drive, Malvern, PA 19355.**

It's Advent Time: Discovering the Beauty of the "O Antiphons" Retreat **Cost: \$40**

Name: _____

Full Address: _____

Phone Number: _____

Email address: _____

Dietary Restrictions: _____

Deadline: Wednesday, December 3, 2025