



A Retreat with the Psalms
Tuesday, September 16, 2025
9:00 a.m. – 3:00 p.m.
Presenter: Sister J. Sheila Galligan, IHM

IHM Spirituality Center • 210 IHM Drive • Malvern, PA 19355

The Psalms provide timely, timeless prayer poems that spring from the raw material that we call human life! Are you alert to the Church's gift of a Psalm at every Mass? This presentation will provide some clues and cues for understanding, appreciating, and applying the Psalms in everyday life. We will also take some time to meditate on the message and meaning proclaimed in the well-loved Psalms of Trust and Confidence – "Holy Triplets" – Psalms 23, 121, and 91.

Cost: \$40.00 (including meals)

Deadline: Tuesday, September 2, 2025

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

**Please return the bottom portion of this flyer with a payment of \$40.00.
(Cash or check payable to "IHM Spirituality Center")**

**MAIL PAYMENT TO:
IHM Spirituality Center, 210 IHM Drive, Malvern, PA 19355**

A Retreat with the Psalms* **Cost: \$40.00*

Name: _____

Full Address: _____

Phone Number: _____

Email address: _____

Dietary Restrictions: _____

Deadline: Tuesday, September 2, 2025